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VOLUME 23, NUMBER 22

WEDNESDAY, MARCH 17, 1999

FIFTY CENTS



Alan Ortballs, executive director of the Southwestern Illinois Development Authority, stands next to a drawing of the proposed Casino Queen hotel in East St. Louis. Ortballs, who was once economic development director for Granite City, is now responsible for helping to develop Madison and St. Clair counties to their full potential. Some of his projects include the Queen and its hotel and the development of Gateway International Raceway in Madison as a world-class motor racing facility.

Ortbals: I'm making contribution to area

SWIDA chief promotes Madison, St. Clair

By Val McDowell
Staff writer

When Collinsville resident Alan Ortballs goes to work, it's more than just a job.

He said he feels he is making a real contribution to the community. Ortballs, 46, is executive director of the Southwestern Illinois Development Authority, which was established in the spring of 1983 by the Illinois Legislature.

SWIDA assists companies in Madison and St. Clair counties with their growth and development.

The SWIDA office is located at 1022 Eastport Plaza Drive. Ortballs has been its executive director for five years and works with a staff of three, including Joe Gasparich,

assistant director. Ortballs said the work is unique and challenging.

"We're a governmental body, but we are not tax-supported," he said.

"We're not a division of the state. We're a very strange type of animal."

Ortbals said it is unusual to have any type of organization that has jurisdiction over two counties, and that unlike groups established to promote an area, SWIDA's main function is to help companies seeking to settle in Madison and St. Clair counties.

"We are more of a teammate than a big brother to companies and developers that come to us," he said.

"When a prospective development comes in, we are frequently at the table, trying to figure out how to turn dreams and ideas into

reality."

Ortbals was born and raised in St. Louis and has lived in Collinsville for three years. He is divorced and has two daughters in college.

Ortbals received his bachelor of arts degree in psychology from Webster University in Webster Groves, Mo. He began a teaching career in St. Louis private schools, then had a long stint in the St. Louis public schools that included running the Community School at Shaw for four years.

He was coordinator of that school, which offered evening classes on such subjects as Italian, English and dancing, Ortballs said.

Working in a part of St. Louis where many homes and businesses were being

See ORTBALS, Page 5A

Rybak leaving Haine's office

Departure leaves a big hole

By Dennis Grubaugh
Staff writer

Madison County's senior prosecutor will soon step down, lured by the prospect of a good state job in a locale where he'd like to retire.

The decision by Rich Rybak

to take a job with the Illinois Attorney General's Office in Carbondale will leave a tremendous hole, admits his boss, Madison County State's Attorney Bill Haine.

"He is a niche all to himself, the Rich Rybak niche — not only a great prosecutor, but a first-class human being," Haine said.

Rybak gave notice the first of this month with the intention of leaving March 31. In recent days, however, he has pushed back the final date by several weeks.

"There are still a lot of loose ends to take care of," he said.

On the personal side, he

and his wife, Brenda, must sell their home in Edwardsville.

Professionally, he still has dozens of cases to clean off of his desk.

"I feel bad for Bill about that. I didn't want to leave him in a situation without adequate staff," Rybak said.

Rybak, 48, joined the state's attorney's team as an intern in October 1975 while he was still a third-year law student at Saint Louis University.

Nicholas Byron, now a circuit judge, was then state's attorney. Rybak went on to work for state's attorneys Don Weber, Dick Allen and Haine.

The 22-plus years on board was second only to Robert Trone, who had 29 years when he died in 1997.

Rybak admits he didn't plan to stay with the office as long as he did; he simply enjoyed the role of prosecuting murderers, thieves and thugs and seeing many of them go to prison.

See RYBAK, Page 5A

Costello visits Coolidge Middle School

Discusses government, answers questions in talk with students

By Mike Heli
Staff writer

Students from Coolidge Middle School had an opportunity to discuss local and international issues Monday morning without attending social studies or history classes.

That's because U.S. 12th District Rep. Jerry Costello, D-Belleville, spoke to them in the school's gymnasium during a question-and-answer session.

About 400 students were in attendance for the event.

Costello said he addresses two schools a month because he did not have an opportunity to speak to elected officials

when he attended grade school and high school.

"There were issues I wanted to talk about, but never had the chance," Costello said.

"That's why I believe it is important young people learn about government, and that's why it's equally important they receive some knowledge of it through their representatives."

Costello was invited to the school as part of an activities program implemented by Steve Akerman, a social studies teacher, to his students. They were asked to write letters to state and federal officials regarding issues they felt were important.

Sean Williams, 14, asked Costello if a pavilion could be

built at Loman Park in west Granite City. Costello responded by saying that it was a local issue, but would be more than happy to stop by to discuss other local and international issues.

Williams, after the session had ended, said he was happy and excited that Costello took time to read his letter and speak to the school.

"I'm really glad he came," Williams said. "He came here, and that's neat."

During the question-and-answer session, Costello talked about his job as a representative and then asked a handful of students to direct their questions to him.

Anna Valencia, 14, asked Costello how young people can get involved in politics.

Costello responded by saying youngsters should volunteer their time and services to local campaigns.

Later on, after acquiring enough political knowledge, young people should think about running for an aldermanic position in their hometowns as a way to work their way up the political ladder to local, state and federal positions.

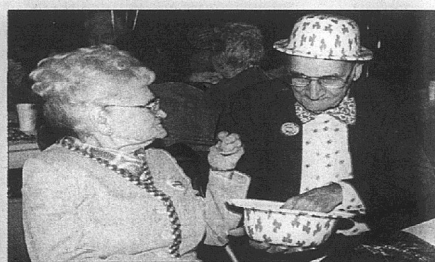
Another question directed at Costello related to the year 2000 computer glitch, known as Y2K, that many fear will cause complete chaos next January.

Costello said that it was a

See COSTELLO, Page 5A



Tim Stephenson photos



Dancing til dawn

Left, Louise Barker and Kenny Koch get out on the dance floor during the annual Granite City Park District Leprechaun Dance for senior citizens, held at Brown Recreation Center Friday night. Above right, Charlotte Smith, 89, and Emil Klug, 84, dressed out in their St. Patrick's Day finest, enjoy green popcorn during the event, a Granite City tradition during St. Patrick's Day.

Granite City Journal

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Madison hires St. Louis firm for TIF assistance

City Council also approves lights near GIR

By Scott Cousins
Staff writer

The city of Madison has hired a St. Louis firm to help deal with its tax increment financing district.

At last week's meeting, the council approved hiring Economic Development Resources of St. Louis to assist the city in meeting requirements for existing TIF areas.

The city is getting ready to expand its TIF — which now includes most of the St. Clair County portion of the city — to include East Madison and other recently annexed areas. In a letter to Mayor John Hamm, Eugene Norber, president of EDR, said the

company will review the city's TIF plans and related material and provide the city with required notices that should be sent out to affected taxing districts, document required information and take other action necessary to meet state requirements.

The cost of the contract is estimated at between \$4,500 and \$6,500.

The company has also offered to work with the city on an "as needed" basis to answer TIF-related questions and work with potential developers.

The council also approved installing permanent street lights at the north entrance along the north service road at Gateway International Raceway. The cost is expected to be about \$369.

GIR is now in the process of

lighting the track in anticipation of several major night races during the coming season.

In other business, the council:

- Approved an \$1,100 contract with Small Net Plus to connect the city to the Internet.

- Approved a contract with SS Gibson to demolish the old Douglas Sheet Metal building. The cost to the city will be \$84 for liability insurance. The company will salvage materials from the building.

- Approved going out for bids for a tractor for the Recreation Department and a four-wheel drive "gator" for the recreation and fire departments.

Police Blotter

Granite City Police

ILLEGAL POSSESSION OF ALCOHOL: Janise Ragan, 19, of 3107 Kirkpatrick Homes, was charged Saturday on a warrant for illegal possession of alcohol.

Granite City Police learned of the warrant while she was pulled over for improper display of a license plate. Ragan was released after posting \$125 bond.

POSSESSION OF CANNIBAS: Gary Thompson, 33, of 1628 Olive St., Granite City, was charged Saturday for possession of cannibasis.

After a traffic stop, it was learned, a police report stated, that Thompson was wanted by Granite City Police for possession of cannibasis.

He was released after posting \$175 bond.

CAR THEFT: A man stole a Cadillac at about 7:58 p.m. Saturday in the 2400 block of Adams.

According to Granite City Police, the Cadillac was driven into a train trestle in Venice later that evening.

The suspect escaped from the crash and was seen fleeing on foot with car keys dangling from his hands.

Venice Police

STOLEN VEHICLE: A vehicle was reported stolen after a Florissant man reportedly left his car running while he went into a gas station to use the restroom Friday. The man reported the car stolen the

next day. According to reports, the man said he stopped at the Venice Mobil gas station at about 1:30 p.m. and went in to use the restroom. When he returned, the car was gone. The man said he got on a bus to the East St. Louis Metrolink station and returned home.

He reported the car stolen the following day. He said he failed to report the car missing at the time of the incident because he did not know where the Venice police station was. Police reported that the vehicle was the subject of a license check by the East St. Louis police department at about 10 p.m. Friday evening, but further information was unavailable.

BATTERY: On Sunday, a Granite City woman reported an attack in the 1000 block of Bissell Street.

According to reports, the woman said she and her son were driving in the area and she was reading a letter to her son when the wind blew the pages out of her hand and into the street.

The woman stopped the car, and as the two of them were picking the pages up out of the street, a youth in the vehicle behind her stopped, got out, yelled at her and slapped the woman in the face.

The woman and her son got back into their car and went to the police station to report the incident.

Madison Police

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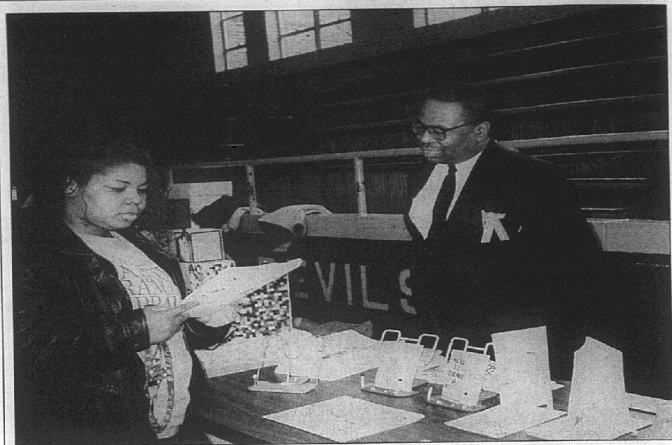
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Shirley Valencia photo

Check it out!

Venice High School held its annual craft fair at the school gym Sunday afternoon. Crafts and other items of all kinds were on sale at the event. Here, Donna Terrell of Venice, left, looks over some books from local cartoonist Clifford Mathis, a VHS student-teacher. The annual fair is planned and executed by Marie Kelting's Business Concepts class and raises money for school activities.

County Board supports state pension loophole legislation

By Paul Mackie
Staff writer

Madison County officials drafted a resolution Thursday in support of preventing pricey pensions for elected officials.

The Madison County Board's Legislative Committee will recommend support of an Illinois Senate bill to the board at its monthly meeting Wednesday.

"You wouldn't be able to apply this (plan) to a (non-elected) job after you leave office," said county administrator James Monday.

He said the county's contribution to elected officials' pensions under the

regular Illinois Municipal Retirement Fund would have been only \$43,307 this year.

But under the Elected County Officials plan, the county will pay \$153,764 — an increase of \$109,869. The increase is attributed to a loophole that has allowed former elected officials to switch to non-elected county jobs and increase their pensions.

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Felony cases

The following felonies recently were filed in the 3rd Circuit Court in Madison County:

Virginia D. Puff, 28, was charged with unlawful possession of a controlled substance by the Madison County Sheriff's Department for an alleged incident on Dec. 26. Bond was set at \$15,000.

Debra A. Miller, 40, was charged with two counts of forgery by the Granite City Police Department for an alleged incident on Dec. 16. Bond was set at \$10,000.

Raymond E. Yates, 21, was charged with theft over \$300 by the Granite City Police Department for an alleged incident Feb. 7. Bond was set at \$10,000.

Laura C. Dean, 41, was charged with two counts of forgery by the Edwardsville Police Department for an alleged incident Dec. 10. Bond was set at \$45,000.

Raymond L. Stack, 45, was charged with unlawful possession of a controlled substance by the Madison County Sheriff's Department for an alleged incident Dec. 30. Bond was set at \$10,000.

Terry S. Dilzler, 39, was charged with unlawful possession of a controlled substance by the Collinsville Police Department for an alleged incident March 10. Bond was set at \$15,000.

Robert T. Feistead, 28, was charged with deceptive practices by the Edwardsville Police Department for an alleged incident Oct. 24. Bond was set at \$10,000.

Ethel Reed, 22, was charged with state benefits fraud by the Illinois Department of Public Aid for an alleged incident from August 1997 through May. Bond was set at \$30,000.

Lorrie Simmons, 33, who also used the alias Lorrie Hunter, was charged with state benefits fraud by the Illinois Department of Public Aid for an alleged incident from July 1996 through August 1997.

Robert T. Feistead, 28, was charged with deceptive practices by the Edwardsville Police Department for an alleged incident Aug. 22. Bond was set at \$10,000.

In Brief

Apprenticeships now available

The Southern Illinois District Council of Carpenters Joint Apprenticeship Committee has announced that applications for apprenticeship training will be available April 5-9 and April 12-15.

Applicants must be 17 years old and must submit a physical, high school diploma or GED certificate, a record of previous work experience and three written character references.

Applicants are required to register at their area local union office. Each applicant will be required to take a math test when they register. The test may take up to one hour.

In the Tri-Cities area, applicants can register between 9 a.m.-noon at

Granite City Carpenters' Local 633, 5218 Nameoki Road.

GCBS Band Parents schedules auction

The Granite City High School Band Parents Association will host its second Goods and Services Dinner-Auction at 6 p.m. March 19 at the GCBS cafeteria.

Tickets are \$10. The doors open at 6 p.m., with dinner at 6:30 p.m. The auction will begin at 7:30 p.m.

Tickets are available from Marching Warrior band members or the Band Parents Association. For information, call 737-6161 or 452-3069.

The band's Spring Concert will be held at 7 p.m. Thursday, March 25, in the high school auditorium. The

concert will feature the band and the newly formed wind ensemble. For information, call 451-5808 or 797-6568.

St. Elizabeth registration scheduled

St. Elizabeth School will hold registration for the 1999-2000 school year from 6:30 to 8 p.m. Wednesday, March 24 and Thursday, March 25.

Registration will be held in the school cafeteria. Students entering kindergarten through fourth grade are encouraged to register on Wednesday, while fifth through eighth grades will register on Thursday.

New students will need a copy of their birth certificate (if baptized at another parish). The book

fee of \$80 must be paid at registration. Non-parishioners must also pay a \$200 registration fee. All interested parents are asked to register their children at this time. Uniform fittings will be done at registration.

St. Elizabeth School is located at 2300 Pontoon Road. Interested parents may call 931-0125 for more information.

SIU-Carbondale holding open house

Southern Illinois University at Carbondale invites transfer students, high school juniors and their families to explore the university from 9 a.m. to noon March 27.

Activities will take place in the SIUC Admissions Reception Center.

Farm Bureau women combine essay contest, open house

By Val McDowell
Staff writer

MADISON COUNTY

Madison County

Women for Agriculture will combine its annual essay awards with its open house.

The event takes place at 7 p.m. Thursday at 900 Hillsboro Ave., Edwardsville. Pat Harmon, chairwoman of Madison County Farm Bureau Women for Agriculture, said it is being held in celebration of National Agriculture Week, which runs March 15-20.

"The open house is a fun

way for us to build and promote community and student awareness of agriculture as it affects everyday life," Harmon said. Awards will be presented to the first-, second- and third-place winners of the essay contest, which focuses on "How Agriculture Helps Me

and My Family."

Harmon said the awards are broken into different age groups, with first- through third-place awards presented in each group. There are four categories: first and second grades; third and fourth; fifth and sixth; and seventh and eighth.

Prizes for each category are: first place, \$25; second, \$15; and third, \$10.

During the award presentation ceremony, each student will receive a T-shirt iron-on and a book on bicycle safety. Harmon said about 100

area students took part in the essay contest, which was judged by volunteers.

A video presentation on bike safety will be shown during the event.

The open house is for both Farm Bureau members and nonmembers. It is designed to be a "services clarification" event.

Harmon said that new products and ideas will be showcased.

"There will be a display on a couple of unique ways to use soybean products, including soybean-based candles, candy-coated soybeans, a soybean-based coloring utensil and hand lotion," Harmon

said. Harmon said attendees will learn more about services offered at the Farm Bureau building.

Display booths will be set up, and representatives will be available to answer questions.

A grand-prize drawing for a weekend getaway at Tara Point in Grafton will be held for current Farm Bureau members and any new members signing on that evening.

Organizers and donors will provide a gift basket of selected farm products to give away as attendance prizes.

For directions or more information, call 656-5191.

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News

Obituaries

Marcella Broska

MARCELLA E. (AUBUCHON) BROSKA, 78, of Collinsville, formerly of Washington Park, died Saturday, March 13, 1999, at St. Joseph Hospital in Highland.

She was born June 22, 1920, in St. Louis. Mrs. Broska was a packer for Switzer Candy Co. for 20 years, until her retirement in 1988. She was a member of United Citizens of Washington Park and St. Martin of Tours Catholic Church.

Survivors include a sister, Luella "Tootsie" Nack of Jennings, Mo.; and four stepsons, Stephen G. Broska of Granite City, Daniel L. Broska and Norman Broska, both of Troy, and Terry Broska of Collinsville.

She was preceded in death by her husband, Stephen J. "Pee Wee" Broska; her parents, Albert and Emma (Muller) Aubuchon; four sisters, Betty Roach, Eleanor Raub, Beatrice Zyken and Verneida Stewart; and a brother, Albert Aubuchon.

A funeral Mass was held Tuesday, March 16, at St. Martin of Tours Catholic Church, with the Rev. James Voelker officiating. Burial was in Mount Carmel Cemetery.

Rex Buckingham Sr.
REX E. BUCKINGHAM SR., 69, of Edwardsville, died Saturday, March 6, 1999, at Missouri Baptist Hospital in St. Louis.

Mr. Buckingham was born July 5, 1929, in Madison. He was a retired steel worker at Granite City Steel and was a member of the Wood Craftsmen, United Steelworkers of America Local 367, Joyful Noise Kitchen Band and Word of Life Tabernacle in Granite City.

Survivors include four sons, Ricardo Buckingham, Keith Buckingham, Gary Spray and Rex Buckingham Jr., all of Granite City; four daughters: Sheila Buckingham of Granite City, Sherree Brennan of Imperial, Mo., Lori Bush of Highland and Gail Eaker of Granite City; one brother, Tom Buckingham of Mt. Olive; 20 grandchildren; and five great-grandchildren.

He was preceded in death by his parents, Tom and Ola (Boone) Buckingham.

ingham; three brothers: Lee, Truel and Roy Buckingham; one sister, Margaret Schneider; and one grandson, Ricky Buckingham.

Services were held Tuesday, March 9, at Word of Life Tabernacle in Granite City, with the Rev. Henry Crippen officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Werner Chapel handled the arrangements.

Charles Cook
CHARLES EDWIN COOK, 71, of Granite City, died at 1:08 a.m. Sunday, March 14, 1999, at St. Elizabeth Medical Center in Granite City.

He was born Aug. 15, 1927, in Madison and was a lifetime area resident. Mr. Cook retired in 1985 from Neale, where he had worked for 32 years as a traffic manager.

Mr. Cook was co-owner of the El Gato tavern in Granite City and a member of the Mexican Honorary Commission. He was a U.S. Navy veteran.

Survivors include his wife, Carmen C. (Ballesteros) Becerra-Cook; a daughter, Cassandra (Becerra) Chavez of Granite City; a sister, Maria Benson of Granite City; and a granddaughter, Crystal Becerra of Granite City.

He was preceded in death by his parents, Ernest and Mae (Barnes) Cook.

Funeral services were held Tuesday, March 16, at Irwin Chapel in Granite City, with the Rev. Darin Hughes officiating. Burial was at St. John's Cemetery, Granite City.

Memorials may be made to the Mexican Honorary Commission.

Alta Davis
ALTA M. (DENNIS) DAVIS, 93, of Granite City, died March 13, 1999.

She was born July 15, 1906, in Danville. Mr. Davis was retired from the Illinois Terminal Railroad, where he had worked as a carman. He was a U.S. Army veteran.

He is survived by a daughter, Sheila Coleman, and a grandson, Robby Coleman.

He was preceded in death by his wife, Ernestine.

in Granite City.

Mrs. Davis was born Sept. 1, 1905, in Oram, Mo. She had worked for the Commonwealth Steel during World War II and was a member of First Assembly of God, Navy Mothers Lodge and past Noble Grand of the Rebekahs in Granite City.

Survivors include her sons, Adam Davis of St. Petersburg, Fla., and Claude Davis of Granite City; three daughters, Margie Floyd and Zella Sczapka, both of Granite City, and Joan Gernemori of Bowling Green, Ky.; two brothers, Aubrey Dennis of Chaffee, Mo., and John Dennis of Belleville; one sister, Mildred Bell of Chaffee, Mo.; 12 grandchildren; 19 great-grandchildren; and nine great-great-grandchildren.

She was preceded in death by her husband, Arthur Davis; her parents, Lafe and Delpha (Good) Dennis; one grandson, Darin Davis; one great-great-granddaughter, Olivia Davis; two brothers, Adam and Bill Dennis; and one sister, Alma Humphrey.

Services will be held at 10 a.m. today, Wednesday, March 17, at Irwin Chapel, 3560 Maryville Road, Granite City, with the Rev. Darin Hughes officiating. Burial will be in St. John's Cemetery in Granite City.

Harry Morris
HARRY MORRIS, 82, of Granite City, died Friday, March 12, 1999, at Anderson Hospital in Maryville.

He was born July 15, 1916, in Danville. Mr. Morris was retired from the Illinois Terminal Railroad, where he had worked as a carman. He was a U.S. Army veteran.

He is survived by a daughter, Sheila Coleman, and a grandson, Robby Coleman.

He was preceded in death by his wife, Ernestine.

wife and his parents, Harry and Mazy (Scharfville) Morris.

Funeral services were held Tuesday, March 16, at Werner Chapel, Pontoon Beach, with the Rev. Henry Crippen officiating. Burial was in Sunset Hill Cemetery, Edwardsville.

Mary Schmitt
MARY S. (CAMACHO) SCHMITT, 73, of Granite City, died at 8:30 a.m. Sunday, March 14, 1999, at St. Elizabeth Medical Center in Granite City.

She was born May 7, 1925, in Granite City. Mrs. Schmitt was a homemaker and a member of Holy Family Catholic Church and the Mothers Club of Lincoln Place. She married William Schmitt on June 16, 1950; he survives.

Other survivors include two daughters, Eleanor Armour of Madison and Michele Schmitt of Granite City; and three grandchildren: Billy Roa-Schmitt and Tammy Wickham Widesout, both of Granite City, and Wendy Wickham Szymarek of Edwardsville.

She was preceded in death by her parents, Louis and Guadalupe (Ramirez) Camacho; a sister, Josephine Hogue; and two brothers, Joseph and Bennie Camacho.

Funeral services will be held at 9 a.m. today, Wednesday, March 17, at Holy Family, with the Rev. Bill Fisherkeller officiating. Burial will be in Calvary Cemetery, Glen Carbon.

Memorials may be made to the American Diabetes Association.

Charles Stone
CHARLES ROBERT STONE, 84, of Granite City, died at 8:45 a.m. Monday, March 15, 1999, at Eden Village Care Center in Glen Carbon.

He was born Dec. 20, 1914, in Hoxsey, Ark. Mr. Stone owned and operated Stone's Pest Control for 30 years before his retirement. He was a U.S. Army veteran.

Survivors include two daughters, Linda Harris of Granite City and Diane Gregor of Fenton, Mo.; four grandchildren, Kenny Harris, Brian Harris, Mark Gregor and Tony Gregor; and seven great-grandchildren, Heather Sorbis, Dylan Harris, Cody Harris, Katie and Miranda Gregor and Nathaniel and Joshua Gregor.

He was preceded in death by his wife, Ethel N. (Hester) Stone; and his parents, Charles D. and Ruth (Green) Stone.

Visitation will take place from 5 to 8 p.m. today, Wednesday, March 17, at Irwin Chapel, 3560 Maryville Road, Granite City. Graveside services will be held at noon Thursday, March 18, at Poplar Bluff City Cemetery in Poplar Bluff, Mo., with the Rev. Mark Gregor officiating.

Memorials may be made to the American Cancer Society.

Vicki L. Tansley
VICKI L. TANSLEY, 29, of Granite City, died at 8:50 p.m. Wednesday, March 10, 1999, at St. Elizabeth Medical Center.

She was born March 2, 1970, in Granite City and was a lifetime resident of Granite City. Miss Tansley was a former poster child for the Spina Bifida Association and active in the Special Olympics, where she was both a silver and gold medalist.

Survivors include her parents, Harold Tanksey and Linda (Williams) Tanksey, both of Granite City; a brother, Steve Tanksey of Ballwin, Mo.; and a sister, Julie Tanksey of Granite City.

She was preceded in death by her paternal grandparents, Charles and Myrtle Tanksey; and her maternal grandparents, Herb and Evelyn Williams.

Funeral services were held Saturday, March 13, at Irwin Chapel in Granite City, with the Rev. Roy Boyer officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Memorials may be made to the Spina Bifida Association's St. Louis Chapter.

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Survivors include two daughters, Linda Harris of Granite City and Diane Gregor of Fenton, Mo.; four grandchildren, Kenny Harris, Brian Harris, Mark Gregor and Tony Gregor; and seven great-grandchildren, Heather Sorbis, Dylan Harris, Cody Harris, Katie and Miranda Gregor and Nathaniel and Joshua Gregor.

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Memorials may be made to the Spina Bifida Association's St. Louis Chapter.

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Granite City Steel
Olin
Shell Oil
Amoco
Alton Box Board
Or Worked in the Construction Trades

Laclede Steel
Oakens-Illinois Glass
Clark Oil
Monsanto
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HIGHS
• Excessive Energy
• No Need for Sleep
• Impulsive Activity
• Increased Irritability

LOWES
• Fatigue
• Disturbed Sleep
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different. It's a word with a different meaning. We've listed it in the past, and we're more to go to case you may have forgotten so to this fascinate here they are.

Acid Soil: Soil with a pH below 7.0. **Adventitious:** that form in locations. **Aerate:** Increase amount of air in soil. **Algae:** Plant-like visible structure in wet areas. **Alkaline Soil:** pH above 7.0. **Axial:** Location between the of a leaf and the which it is grafted. **Biennial:** Produces flowers in the second year. **Bolt:** Rapid growth of flowers and vegetables. **Callus:** Mass of tissue that forms over a wound. **Canker:** Disease that forms in branches of a tree. **Cold Frame:** A structure that protects plants from frost. **Confers:** Shrubs that are used for Christmas decorations. **Deadhead:** Old blossoms that have faded. **Deciduous:** Plants that lose their leaves in the fall. **Desiccation:** Loss of water. **Gall:** Abnormal growth on a plant. **Germination:** The process of a seed growing into a plant. **Girdle:** A ring of tissue that girdles a tree. **Graft:** Union of one plant with another. **Harden off:** To acclimate a plant to cold temperatures. **Herbicide:** A chemical that kills or retards the growth of weeds. **Hybrid:** Offspring of two different parents. **Immune:** Not susceptible to disease. **Leach:** To remove minerals from soil.

Survivors include her parents, Harold Tanksey and Linda (Williams) Tanksey, both of Granite City; a brother, Steve Tanksey of Ballwin, Mo.; and a sister, Julie Tanksey of Granite City.

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• Excessive Energy
• No Need for Sleep
• Impulsive Activity
• Increased Irritability

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• Disturbed Sleep
• Loss of Interest/Pleasure
• Social Withdrawal

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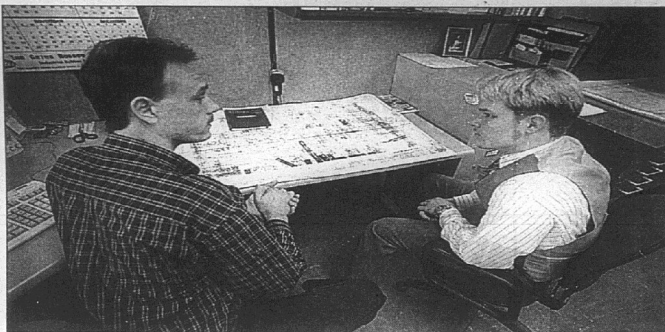
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Tim Stephenson photo

Here's how it works...

Rick Buecker, a senior designer in the engineering department at National Steel's Granite City plant, talks to Granite City High School student Casey Adams in connection with a GCHS job-shadowing program. The program, which involves juniors and seniors attending GCHS, allows students to spend a day with professionals in various fields to get an idea of what their job entails. The program, now in its fifth year, has allowed students to get a head start on their career plans and get a taste of the working world.

Church launching recovery program

New Shining Light Missionary Baptist Church is starting a Recovery Ministry for people suffering from chemical dependency and their families.

We are looking for individuals that want to serve in this ministry. Training for this ministry will begin in March.

Rev. Vickie Caldwell is a chemical dependency specialist and the founder of Recovery Dynamics and REACT ministries. She is employed with drug rehabilitation treatment DART in St. Louis as a chemical dependency counselor and HIV/AIDS counselor.

For additional information and/or registration, please contact Rev. John H. Williams, pastor, New Shining Light Missionary Baptist Church in Venice.

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Britain Withdraws Official Princess Diana Tribute

Collectors Scramble For Highly Coveted Limited Edition



The Official British Princess Diana postage stamps have been withdrawn from sale by the Royal Mail.

Actual Size: 149 mm x 41 mm

London, England—The Royal Mail has just withdrawn Great Britain's Official Postal Tribute to Princess Diana. Fans and collectors are scrambling to get their hands on the few remaining Limited Edition strips of five Official Postage Stamps bearing photographs of the late Princess of Wales.

"Our phones have been ringing off the hook," said John Van Emnden of the International Collectors Society, distributor of the stamps in the U.S. and worldwide clearinghouse for all Diana stamp releases. "Britain's Official Postal Authority has taken off sale the most desirable stamps ever issued in memory of Princess Diana, so we are now meeting the extraordinary demand for these highly sought after Official commemoratives on a first-come, first-served basis while our limited supplies last."

These stamps were originally withheld from release when Diana's brother, Earl Spencer, objected to them. Amid a storm of controversy, the Royal Mail then threatened to destroy the entire issue. The public outcry was so strong that the Earl withdrew his objections, and the stamps were finally issued.

The colorful stamps were designed using official photographs of Princess Diana—each taken by a different photographer—and are about twice the size of a regular U.S. stamp.

Each portrait is framed by a border of purple, traditionally the symbol of royalty. In the upper right-hand corner is the Queen's Portrait, the symbol which authenticates that these are Official Postage Stamps of Great Britain—the only legal tender stamps in the world which do not bear their country's name.

"When you realize that this is the only Official Postal tribute to Princess Diana from Great Britain and that it is no longer available from the Royal Mail, you can see why they are irresistible to collectors and millions of Diana fans throughout the world alike," added Van Emnden.

The stamps, which are issued in strips of five, are legal tender in Great Britain, and are recognized by postal authorities around the world.

If you want to order the collection, you must act quickly. The stamps are available for a short time while supplies last at their original issue price of \$9.95 (plus \$3 p&h) for the complete set of five different stamps. You'll also receive a numbered Certificate of Authenticity. The most you can buy is six sets. Send your check or money order to ICS, 3600 Crondall Lane, Suite 100SRNK, Owings Mills, Maryland 21117. Credit card holders may call toll free 1-800-448-2094.

Princess Diana's Lasting Legacy

Against all odds, Princess Diana embraced the plight of society's so-called "untouchables" such as:

- sick and handicapped children
- the homeless
- battered women
- victims of terminal disease
- victims of anti-personnel landmines

She will forever be remembered for:

- her charitable efforts
- her promotion of equality
- her devotion to her sons, Prince William and Prince Harry

The Royal Mail donated all profits from its sale of these stamps to the Diana, Princess of Wales Memorial Fund, which distributes money to Diana's charities.

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Park District hosts Tennessee trip

The Granite City Park District will sponsor a four-day trip to the Pigeon Forge, Tenn., area from April 20-23.

The trip, entitled "Springtime in the Smokies," will go on sale at 9 a.m. March 18 at the Wilson Park Ice Rink.

All three nights in Pigeon Forge will include a music show. The first will be at the new Southern Nights Theatre, featuring country, oldies, bluegrass, gospel, a tribute to "The Andy Griffith Show" and impersonations of some of country music's biggest stars. The others are the Louise Mandrell show and Country Tonight, voted the best live country show in America three consecutive years.

One of the days will

include a six-hour guided tour through the Great Smoky Mountains National Park to Cherokee, N.C., with a box lunch picnic in the park. The dogwood trees should be blooming at their peak at this time to add to the beauty of the mountains and valleys.

Another day will have the option of attending Dollywood, with its many music shows and attractions, free time to shop the more than 200 factory outlet stores in five malls, ride the trolley to quaint Gatlinburg, Tenn., that boasts of the finest craftsmanship in the South or rest at the hotel.

Other stops scheduled during the trip will be to the Incredible Christmas Place, one of the country's largest Christmas stores, and the Smoky Mountain Knife

Works, a favorite stop in the past.

Meals included are a family-style dinner at the Appletree Inn, dinner at the Old Mill Restaurant, breakfasts at the hotel each morning with a full breakfast at the Applewood Farmhouse Restaurant on the day of departure.

The cost of the trip is \$366 for a single room, \$298 per person for a double room, \$276 each for three to a room and \$264 each for a quad.

All fees must be paid at the time of registration. One person can reserve only one room of one to four people, with proof of residence for each required unless husband and wife.

Non-residents will be placed on a waiting list and notified of availability.

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	QUEEN	\$78	ea. pc.
	KING	\$78	ea. pc.

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	FULL	\$88	ea. pc.
	QUEEN	\$113	ea. pc.
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\$19	TWIN	\$19	ea. pc.
	FULL	\$29	ea. pc.
	QUEEN	\$39	ea. pc.
	KING	\$39	ea. pc.

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\$29	TWIN	\$29	ea. pc.
	FULL	\$49	ea. pc.
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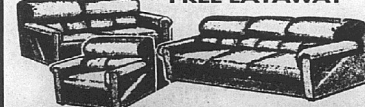
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GCC Saturday Experience classes finish with springtime flair

As spring makes its triumphant stand, Belleville Area College's Saturday Experiences at the Granite City Campus finish with a flair.

A variety of arts, crafts, home, garden, personal, professional, business, computer, cooking and children's workshops are offered at the campus, 4650 Maryville Road, on March 27.

• Oil Painting: Florals, from 10 a.m. to 4 p.m. for one session in Room 545. For

beginners or experienced painters, this Bob Ross floral class will be taught by a certified instructor. Lunch break is included. Fee is \$19; supplies cost \$30.

• How to Hang Wallpaper, from 9 a.m. to noon for one session in Industrial Training Center, Room 1611. Learn the basics necessary to hang your own wallpaper.

• Water Gardening, from 12:30-3:30 p.m. for one session

in Room 510. Do plans for the new garden include a pond? Discover how to install and maintain a water garden and what plants to use. Fee is \$11.

• Attitude Adjustment II, from 9 a.m. to noon for one session in Room 515. Learn additional techniques for developing attitudes. Must have attended Attitude Adjustment I. Fee is \$11.

• Five Secrets to Help Reduce College Costs, from 10

a.m. to noon for one session in Room 520. Five secrets to help pay for college with 100 percent tax credits, plus Roth and educational IRAs, HOPE scholarships and lifetime learning credits. Fee is \$7.

• Intro to the Internet Workshop, from 12:30-3:30 p.m. for one session in Room 335. Yahoo!, Excite, HOTBOT and Infoseek — programs for the net — are explained, as is e-mail usage and more. Fee is \$19.

• Microsoft Office '97 Workshop, from 9 a.m. to noon for one session in the Learning Resource Center. A basic introduction to MS Word, Access, Excel and Power Point will be presented. Disk is included. Fee is \$19.

• Beginning Watercolor, from 9 a.m. to noon for one session in Room 511. Basic watercolor techniques are demonstrated to children ages 7-12. Fee is \$7. A list of

supplies will be mailed.

• Kids' Drawing Class, from 12:30-3:30 p.m. for one session in Room 511. Basic watercolor techniques are demonstrated to children ages 7-12. Fee is \$7. A list of supplies will be mailed.

For more information about Saturday Experience workshops, call Joyce Nyerges at GCC. The number is 931-0600, extension 6644.

Sugar Loaf site makes danger list

Development fears sparking concern

By Nicole Vaughn
Staff writer

Officials at the Landmarks Preservation Council of Illinois are trying to determine why a Collinsville site made their "10 Most Endangered Historic Places" list.

METRO-EAST The site is home to the Sugar

Loaf Mound Complex, a few miles northeast of the Cahokia Mounds State Historic Site, along the bluffs overlooking Collinsville.

David Bahlman, executive director of LPCI, said he had spoken with the owner of the site, John Holst of Collinsville. Bahlman said the Holst family owns several acres, including the site where a rare bird effigy as well as characteristics of ancient residential and mortuary structures are found.

The largest mound, Sugar Loaf, also served as a seasonal calendar when aligned with Powell Mound at the summer and winter solstices.

"I was told there had been some concern about that site for some time, that it was possibly considered for residential development," Bahlman said. "But Mr. Holst told me they've been holding off developers for 40 years."

A woman at the Holst residence hung up on a reporter when contacted for comment.

Bahlman said he hoped the group could work with Holst to continue to preserve the property.

"Perhaps it could become a state park," Bahlman said. Bill Isenminger of Cahokia Mounds said he is encouraged by the news that the property is being retained. There are at least three significant archaeological sites in the Sugar Loaf area, he said.

Recently, he received a call from an attorney for one of the property owners inquiring about the site.

"He wanted to know about the mounds and what could possibly have to be done about them," Isenminger said.

All of the sites are significant not only because of the mounds, but because they were "occupations" at ones contemporaries of the dwellers at Cahokia Mounds.

"There are all kinds of features where people lived," Isenminger said. "The ground would be full of village and residential areas from prehistoric people."

Another Madison County site, the N.O. Nelson Factory and LeClaire Village, also made the list. The five-acre site includes five brick, institutional buildings constructed in 1895. Now used as a warehouse by Southern Illinois University at Edwardsville, the city is hoping to see the crumbling facility restored.

Since 1994, LPCI has selected the 10 most endangered historic places in the state, focusing attention on sites threatened by neglect, deterioration, lack of maintenance, insufficient funds or inappropriate development.

Head Start accepting 1999-2000 applications

Head Start and Early Head Start are accepting applications for the 1999-2000 school year.

Head Start is a free child development program for children from low-income families who are younger than 5 as of Sept. 1.

Call the Head Start center nearest you to schedule an appointment.

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Rabbitt apologizes for rapes, but gives little information

Some victims may never come forward, officer says

By Tim Rowden
Staff writer

Dennis N. Rabbitt, the accused South Side rapist, told detectives he was sorry for the rapes he committed, but gave investigators little information that they didn't already know.

SOUTH SIDE RAPIST who was arrested in

Albuquerque, N.M., last month, has implicated himself in dozens of rapes committed in and around St. Louis over the last decade. He has denied allegations about certain details of those rapes and has thus far offered no significant new information.

"We can't believe that we know everything that we did," said Lt. Mark Tulgeske of the Jefferson County Sheriff's Department. "He talked to us about cases that we brought up to him. He brought nothing up on his own. He volunteered only things that we had already asked him about."

Investigators said Rabbitt had denied or claimed no memory of certain allegations connected to the rapes, particularly those instances in which victims were injured beyond the sexual assaults.

In some instances, Rabbitt allegedly said he was suffering blackouts. In others, investigators said, he simply refused to talk.

"There's probably a lot of things I don't want to face up to," Rabbitt told investigators. Tulgeske said investigators believe Rabbitt likely attacked other women, but authorities

likely will never know about them unless they come forward.

"I would be real surprised if we got more victims that came forward from the St. Louis area that we didn't know about before," Tulgeske said. "My guess is, if they haven't come forward by now, they probably never will."

Tulgeske was one of four detectives who interviewed Rabbitt following his arrest. Rabbitt was joined by two St. Louis detectives and a detective with the Collinsville Police Department.

"It was a once-in-a-lifetime case," Tulgeske said. "Do I think he's a nice guy? No. I think he's a serial rapist."

Rabbitt, 42, formerly of Cedar Hill, Mo., has been charged with more than a dozen rapes in the city of St. Louis and other crimes in surrounding communities, including Collinsville.

A construction laborer, Rabbitt was arrested Feb. 28 following a four-month manhunt.

Rabbitt told police he made one trip back to St. Louis in January to check on his dogs, which he had left with a friend.

Police learned of the visit after Rabbitt made a call from a pay telephone in Pevely, Mo. He was gone by the time police reached the telephone.

Rabbitt first was charged in Jefferson County in connection with the January 1998 rape of an 18-year-old Byrnes Mill woman.

Rabbitt also is charged in Jefferson County with the Aug.

1, 1997, rape of an Arnold woman.

After his arrest, Rabbitt talked with detectives for eight hours, during which he allegedly apologized and provided a videotaped confession for many of the rapes.

"He said he was sorry," Tulgeske said.

Rabbitt was polite and cooperative, investigators said.

Despite the videotape, Rabbitt has pleaded not guilty to the Jefferson County incidents and 40 counts of rape and related charges in connection with incidents that which occurred in the City of St. Louis between 1988 and 1997.

Rabbitt was moved from the St. Louis City Jail to St. Genevieve County following Rabbitt's arraignment in St. Louis, as authorities cited concerns over his safety.

The search for Rabbitt ended Feb. 28 when Albuquerque police, investigating a report of a runaway, found the teen-age girl in a motel room with Rabbitt.

Investigators said Rabbitt met the girl through a personals ad. They said he had met women in a similar manner in the St. Louis area.

Rabbitt apparently raped indiscriminately, authorities said. Unlike many serial rapists whose victims share certain physical characteristics or fall within a certain age group, Rabbitt's victims ranged from teenagers to women in their 80s.



One taco coming up!

Shirley Valencia photo
Mike Champion prepares a taco for sale during the 28th Granite City Mexican Honorary Commission Joseph Gonzalez Memorial Scholarship Fund dance held recently at the AMVETS Hall in Madison. The annual event raises funds for the Joseph Gonzalez Scholarship, which is given to a graduating senior at Granite City High School. The fund is named for a GCHS counselor who was killed in a 1971 traffic accident.

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Director of Clinical Research

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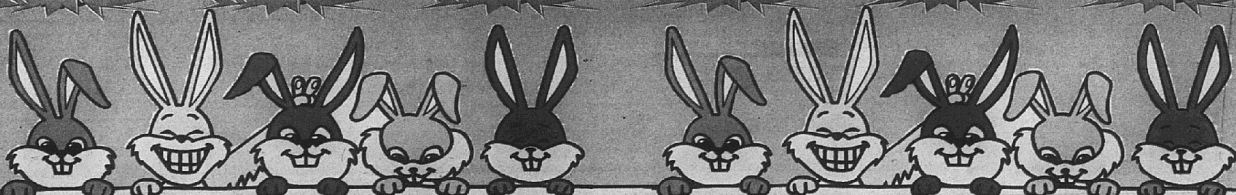
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One of the ads on this page contains a clue to the location of the hidden Easter Egg. A new clue will be published each week. The egg is hidden in a public place in either the Granite City Journal circulation area. If you think you have found the egg, bring it to the Collinsville Journal at 113 E. Clay, Collinsville. No clues will be given over the phone.

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Page 2B

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A nice victory

Toenjes has reason to celebrate Freeburg's title

Tell me all you want about March Madness, and I'll keep referring to the last Friday in February — Feb. 26 to be specific — as a night to remember.

On a school day when Freeburg High School featured a student demonstration regarding the dismissal of varsity football coach Dave Bone, that school had an evening to relish.



Art Voellinger
Sports Views

Madison, the victory had to bring a sense of satisfaction to Freeburg coach Norm Toenjes, his players and friends.

Name another boys basketball coach who has won a Class AA regional title one year — Toenjes did that last season at O'Fallon — and then came back to win the following year at a different school.

Freeburg followed a 56-52 win against Venice in the regional opener with an 86-81 upset of Lebanon, setting up the dramatic finish that featured 41 points by Dupo's senior guard Brian Gasle.

Plagued by injuries throughout the season, Freeburg needed five free throws by 6-foot-6 junior Andy Diecker to clinch the victory that left the Midgets with a 12-16 record.

A year earlier, Toenjes guided an O'Fallon team to the Sectional semifinals despite the loss of a starting player to a code of conduct violation. Regardless of Freeburg's loss to Hillsboro in the Class A sectional at Vandalia, this corner will tell you Toenjes won more than a game as February neared its conclusion....

Regarding coaching plaudits, Dennis Rueter added to his resume with Gibault's 68-53 victory against Columbia in the Marietta Regional that gave Gibault its seventh IHSAA Class A regional title in the 1990s.

Overtime
On the collegiate level, former Granite City girls all-stater Jamie Cavanaugh joined the Friday fun Feb. 26 with 18 points and 10 rebounds as Saint Louis University upset DePaul 77-56 in the Conference USA tourney.

The Billkens closed the regular season at 16-12 after a loss to Cincinnati.

Kirgan helped Warriors reach goal

Junior finishes third in state, then helps team place fourth

By Rick Broome
Staff writer

Disappointment is the high price of expectation.

When you possess the athletic skills that Granite City junior George Kirgan does, you expect to finish on top. Kirgan came close this year, finishing third in the IHSAA Class AA state tournament at 160 pounds.

But when you also are a leader, you can focus on team accomplishments. Kirgan did just that, leading Granite City to fourth place in the IHSAA team tournament.

"We finished pretty good, with the team finishing fourth at state," Kirgan said. "That was nice, to finally get a team trophy. We won the Springfield Tournament, that was pretty cool. Pretty much, I think of the team stuff."

"Individually, I wasn't really happy with myself this year. I should have wrestled a lot better during the season. I don't know what my problem was. I just didn't wrestle up to my potential."

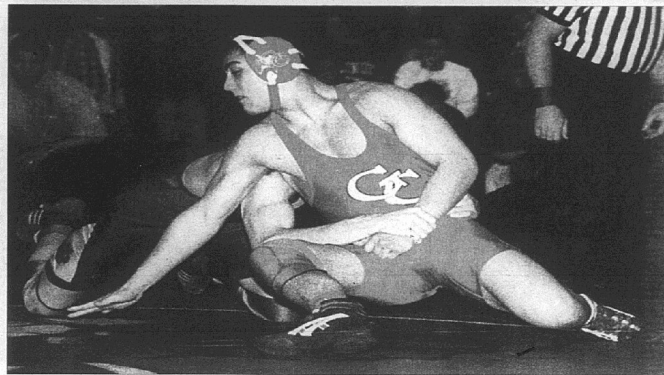
As a captain, Kirgan had to lead the Warriors lineup through the aftermath of a disappointing individual state tournament to the team event a week later.

"It's hard," Kirgan said. "Most of the guys are seniors

ALL-JOURNAL WRESTLING

Wrestlers of the Year
George Kirgan, Granite City.
Joe Rujawitz, Belleville West.
First team
103 — Steve Peach, Granite City.
112 — Jake Trijan, Granite City.
119 — Rujawitz.
125 — Dusty Carpenter, Belleville West.
130 — Dustin Schloeman, Althoff.
135 — Marc Justice, Collinsville.
145 — Brooks Narvaez, Granite City.
160 — Kirgan.
171 — Sean Box, Edwardsville.
189 — Joe Bevis, Edwardsville.
215 — Kenny Lutz, Collinsville; Kevin Venne, Granite City.

who didn't make it to state (as individuals). You just have to tell them, 'Hey guys, this is our one chance. We can place at state finally. We know we can, we have a good draw.' I was just trying to tell them, 'Hey, we have to get pumped up. We just stay in there and wrestle good, we need you all, you can't go anywhere.' That's pretty much all we had to say. We're a team, we're like a family, we all stick together, and that's good. That's pretty much how we got to stay together through sectionals and



Granite City junior George Kirgan made his third trip to the IHSAA Class AA state meet and picked up his first medal — for third-place.

everything else."

Kirgan is a snapshot of the character Granite City had tucked in its pocket all season. "We didn't have many problems with the teammates," Kirgan said. "Nobody on the team wanted to fight or anything. We have good guys, good leaders like (co-captains) Brooks (Narvaez) and Kevin (Venne)

— you know, good, high-quality guys. They don't want to do anything but have a good team and have fun, and that's what we did. That's why we did so well this year."

Kirgan's personal history in Granite City wrestling began many years ago. "I was always in sports, all kinds of sports," Kirgan said. "I played anything from

soccer, to baseball, to wrestling, to judo. I did all kinds of stuff. "I kind of liked the one-on-one sports, where you didn't have to depend on someone else, where it all just depends on how well you do. I wanted to be in tournaments

See KIRGAN, Page 4B

South shuts down North's speedy line

Collinsville players set winning team on its way in MVCHA All-Star Game

By Rick Broome
Staff writer

The Southern Division kept the explosive line of Bobby Meszaros, Carl Coleman and Jim Rogers off the board until the last minute of play and the South went on to beat the North 5-3 Saturday in the Mississippi Valley Club Hockey Association Class AA All-Star Game at the U.S. Ice Sports Complex in Fairview Heights.

CLUB ICE HOCKEY
Joe Ditch of Collinsville put the South on the board 44 seconds into the game. With the North defense pinching in at the South blue line, Ditch stole the puck and led the break down-ice. Ditch found O'Fallon's Ryan McKinney, whose shot was stopped by North goaltender Matt Oberlaur (Alton). Ditch followed the shot and banged home the rebound.

Collinsville's Kenny Reed put the South ahead by two 45 seconds later on a feed from Cahokia's Dave Shreve.

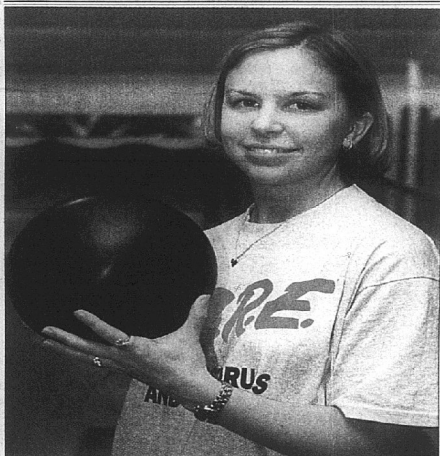
Alton's Nate Hill split the difference for the North with 17 seconds left in the first period when he scored on the rebound of a shot by Alton Marquette's Scott Warner. Hill punched in a rebound in the crease to tie the score at 7:42 of the second.

Alton sophomore Amos Melvin took a retaliation slashing penalty at 9:59 of the second to put the South on the power play. On the man-advantage, O'Fallon's Joel Lieker's shot snaked through a screen and found the net behind goaltender Paul Dix of Marquette. The South's Ryan Madison (Althoff) scored 19 seconds later to increase the lead to 4-2. Bethalto's Ben Tobin stood on his head in the third to keep the North in the running and Edwardsville's Carl Coleman scored a goal with 46 seconds to play to cut the South lead to 4-3. But it wasn't enough and, with Tobin yanked in favor of the extra attacker, Madison added an empty-netter to close the scoring.

"We had pulled the goalie and told the kids to crash the net," North coach Paul Solberger said. "The puck went down in the corner, they fed Carl, and he had time and he picked his spot."

"That's the one thing I think with Zach Robinette, earlier in the game, was just point-blank and ended up trying to pick a corner and he just shot it wide. But he had the goalie down and that's what you want. So I thought the opportunities were there for us to take this game but we just came up a little short. That's going to happen."

See SOUTH, Page 2B



Tim Stephenson photo

Scholar-athlete

Granite City senior Kristin Stovall won the Men's 700 Club scholarship for excellence in bowling and in school. She qualified for the IHSAA girls bowling state tournament to cap the Warriors were first season of competing in the sport. The Men's 700 Club awards the \$500 scholarships to one male and one female bowler from the Southern Illinois High School Bowling Conference each year.

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South shuts down North in MVCHA All-Star Game

Continued from Page 1B

Typical of all-star games, a lot of firepower was on display.

"We opened it up and tried to play more offense than defense," Solberger said. "We gave them odd-man rushes coming back at us. Our forwards weren't backchecking. We were trying to put the offense on them; really was amazed that Bobby Meszaros of the Illinois Warriors, Carl (Coleman) and Jim Rogers (of Bethalto) didn't really light them up, because those boys were skating one way, they weren't coming back and backchecking. They were offensive-minded and trying to showcase their offensive capabilities. You can't really blame them for that too much. It's an all-star game and they are trying to score goals. But at the same time they didn't support the defense and I think their line was scored on twice."

"But it's a fun game. You want to go out and try to win, but first and foremost you want the kids to have fun. That's what it's all about."

The North took the momentum and slowed down the South by taking the body and thugging it up midway through the first period.

"We started stepping up," Solberger said. "They came out hitting from the get-go, South did. I told the boys, 'Hey, if they are going to hit, come back.' We started to step up the hitting."

"We hit two posts and at one

point in the game we were outshooting them two-to-one at the end of the first period and two-to-one at the end of the second period and really started coming out after them. I thought really the score didn't dictate the play. I thought the kids did a nice job."

"Nate Hill had two real nice goals and there was some good play going on, and that's what you want to see."

MVCHA All-Star Skills Competition

Fastest Skater
1. Jim Rogers (Bethalto), 15.26 seconds; 2. Joe Ditch (Collinsville), 17.28; 3. Lee Frea (Edwardsville), 17.50.

Goalie Shootout
1. Ben Tobin (Bethalto), 3 goals scored (winner in OT); 2. Mark Power (O'Fallon), 2; 3. Pat Bourn (Belleville West), 1.

Stickhandling
1. Lee Frea (Edwardsville), 10.05 seconds; 2. Dan Reid (Edwardsville), 10.40; 3. Jim Rogers (Bethalto), 21.00.

Rapid-Fire Shootout
1. Dan Songer (Waterloo), 1 scored against (winner in OT); 2. Ben Tobin (Bethalto), 3; Nick Terry (Edwardsville), 4.

Accurate Shot
1. Jim Singler (Edwardsville), 3 goals (winner in OT); 2 (tie), Justin Liefer (Freeburg), 3; 2 (tie), Ryan McKinney (O'Fallon), 3; 4, Chris Nikonovich (Southwest), 2.

Breakaway
1. Ben Tobin (Bethalto), 4 saves; Nick Terry (Edwardsville), 3; Dan Songer (Waterloo), 2.

Hardest Shot
1. Dave Shreve (Cahokia), 79 mph; 2. Justin Liefer (Freeburg), 76; 3. Jim Singler (Edwardsville), 75; 4. Chad Burgess (Triad), 75.

Metro club sets up league for grades 1-4

Metro FC, a youth select soccer club based in Edwardsville, has announced dates for the second season of the Metro FC Instructional League. The Metro FC Instructional League is offered to all boys and girls who are currently in grades 1-4.

Players can play in the IYSA sanctioned instructional league as well as other recreational or select leagues. All games and training sessions for this in-house program beginning in March take place at the Metro FC Soccer Complex on the campus of Southern Illinois University-Edwardsville.

League training will be conducted by Metro FC Coaching Directors and USSF "A" licensed coaches Dale Schilly and Dave Fernandez and staffed by other Metro FC coaches.

Training will be on Wednesday nights and games will be on Sundays.

The program is designed to provide appropriate training to young players who are in their initial stages of development and provide quality players additional insight to continue their development.

The program has limited enrollment. For more information on registration please call Dale Schilly or Dave Fernandez at the Metro FC office at (618) 687-8333 or e-mail the office at metro@aol.com.

Donkey basketball

The Granite City Varsity Club is sponsoring its annual Donkey Basketball game 7 p.m. March 24 in the Granite City High School gym.

The Varsity Club will take on the Granite City Student Council and the Granite Teachers will take on the police, with the winners facing off in a championship game.

Tickets are \$4 in advance and \$5 at the door and can be picked up at the Granite City High School main office. The first 100 children in attendance will get a free donkey ride at halftime of the championship game.

All proceeds benefit the Granite City Varsity Club.

Top bowler

Charlie Price of Granite City was named the 1998 Greater St. Louis Bowling Association Bowler of the Year.

Price was honored Feb. 13 at the opening ceremonies of the city's annual championship tournament.

Price had an outstanding 1997-98 season with league averages of 222 in the Metro East Masters and 230 in the Trio Scratch League at Strike and Spare. Price's honor scores included a series high of 814, his 17th 800 series; two 300 games, the 36th and 37th of his career; and three 299 games.

He participated in the American Bowling Congress Tournament in March, racking up an all-event total of 2,085, good for 11th overall among \$3,000-plus participants.

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All-Journal prep wrestling

First team

103 pounds — Steve Peach, Granite City; 112 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

120 pounds — Steve Peach, Granite City; 125 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

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400 pounds — Steve Peach, Granite City; 405 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

410 pounds — Steve Peach, Granite City; 415 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

420 pounds — Steve Peach, Granite City; 425 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

430 pounds — Steve Peach, Granite City; 435 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

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650 pounds — Steve Peach, Granite City; 655 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

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690 pounds — Steve Peach, Granite City; 695 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

700 pounds — Steve Peach, Granite City; 705 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

710 pounds — Steve Peach, Granite City; 715 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

720 pounds — Steve Peach, Granite City; 725 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

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750 pounds — Steve Peach, Granite City; 755 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

760 pounds — Steve Peach, Granite City; 765 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

770 pounds — Steve Peach, Granite City; 775 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

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1000 pounds — Steve Peach, Granite City; 1005 — Jake Trijan, Granite City; The sophomores both posted victories in their first trips at the IHSA Class AA state wrestling tournament.

row at the beginning of the season, I felt pretty good," Peach said. "I felt like I should have a chance to qualify and go to state, and I did."

Trijan opened state with a bye and then nipped his first-round opponent, Roselle's Gan-tipp Kongkaew, 2-1. Trijan dropped the second-round match to Jason Comins of East Moline 8-3. Trijan went on to beat LaSalle-Peru's Keith Witalka 7-5 in wrestle-backs, but fell 10-4 to Matt Kucula of New Lenox to drop out of med-

al contention.

Overall, Trijan had a good showing in his first run at state.

"It was pretty fun," Trijan said. "I did a lot better than I thought I would. I know I have to work a lot harder at practice because I didn't place."

"I'm happy with Trijan and Peach," Granite City coach Mike Garland said. "Jake Trijan's record the last five weeks of the season was phenomenal. He needs to get on the weights, he needs to wrestle in the spring and summer to take it up to that next level. But this (state experience) is going to help these sophomores, definitely."

119 — Joe Rujawitz, Belleville West: Named Co-Wrestler of the Year (see story).

Dusty Carpenter, Belleville West: One of four freshman standouts for West, Carpenter posted a 30-6 record, including a 2-2 mark at the state tournament.

"A lot of people thought because of his size he would not do very well, but he came within a couple matches of placing at state. West coach Steve Garland said, "His attitude was real good and he was always focused. He didn't get rattled."

"He had a lot of experience when he got to high school (with the Belleville Little Dev-

ils), but a lot of times you can throw that out. But Dusty was not intimidated."

"He has exceptional balance and a good gyroscopic feel for where he's at on the mat. He doesn't give up (take-down) points. He also improved his takedowns. Early in the year he had trouble getting out when he was on the bottom, but he got better at that, too."

130 — Dustin Schloeman, Althoff: A sophomore, Schloeman had a 30-5 record despite a disappointing finish.

"Dustin had kind of a bumpy ride," said Althoff coach Greg Garland. "He started off by winning the Mascoutah and Granite City tournaments, but he suffered his first loss at Quincy and didn't get back until Litchfield, 2½ weeks later. It's kind of hard to miss that much time and pick it up where you left off. He had a lot of distractions, with school work, being sick and a leg injury. Things kind of started to snowball."

"He won the regional and finished third at the sectional, but he wasn't really on his game. He had trouble keeping his weight down. He still qualified for state, but he had a poor state tournament. He lost two matches and he was out, but he was ranked fifth in the state early in the season."

135 — Marc Justice, Collinsville: The senior wrapped up his varsity career with a trip to the state tournament. Justice, who won more than 120 career victories, won his preliminary match when he pinned Julius Ramsey of Chicago Prosser in 3:07. Justice lost his next match and then fell again in the wrestlebacks to complete his season.

"Marc Justice had a great career," Collinsville coach Al Kirgan said. "He's been a Greco style champion, he's been on several national teams. I think he would be a jewel in the rough for any university that wanted to pick him up."

152 — Brooks Narvaez, Granite City: The senior posted a 41-3 record and qualified for the state tournament. Narvaez lost his first match, but sparked the Warriors fourth-place finish one week later in the IHSA team tournament.

"Probably the turning point of the Dekalb match (in the state quarterfinals) was when we were down 22-15 and Brooks went out and pinned his guy in 57 seconds," Garland said. "He came up screaming and yelling and waving his arms, which is unusual for him because he usually keeps his emotions in. It just really got everybody pumped up, fired up."

160 — George Kirgan, Granite City: Named Co-Wrestler of the Year (see story).

171 — Sean Box, Edwardsville: The senior posted a 38-7 record with 17 pins this season for the Tigers. He narrowly missed medaling at the state tournament.

"He had an outstanding season," Tigers coach Jon Wagner said. "He was a regional and sectional champion. He just put it all together at the state tournament."

"He really wrestled aggressively and that was his key to

success."

189 — Joe Bevis, Edwardsville: The junior finished this season with a 34-4 mark with first-place medal at the Mascoutah Invitational. Bevis was a regional and sectional champion.

215 — Kenny Lutz, Collinsville: The senior became the school's first two-time state medal winner. Lutz won 142 career matches at Collinsville, which ranks second behind Mike Delisle's 151 victories.

Last year Lutz finished fourth at state. This year, he placed sixth.

"Kenny has had a great career," Kahoka coach Al Kirgan said. "He had a great tournament. He ran into a tough kid in the second round but he wrestled well."

"Kenny did a great job. He wrestled a good tournament. He had a good season. He has nothing to be ashamed of."

215 — Kevin Vene, Granite City: The senior captain posted a 40-4 mark and qualified for the state tournament. He lost in his opening match at state, but rebounded with an important win against Dekalb in the quarterfinals of the IHSA team tournament.

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Sports

Belleville West's Rujawitz makes an impression

By Scott Marlon
Staff writer

Maroons freshman exceeds expectations for first season

It's a rare occasion when a freshman is regarded as one of the Metro East's top prep wrestlers, but Belleville West's Joe Rujawitz is worthy of that distinction in 1999.

Rujawitz, who placed fifth in the IHSAA Class AA state tournament at 119 pounds, is the Co-Wrestler of the Year for the Journal Newspapers of Southern Illinois along with Granite City junior George Kirgan.

En route to earning a medal at state, Rujawitz won regional and sectional championships and posted a 34-3 record.

One of four freshman starters for West, Rujawitz was regarded as a potential state qualifier even before his first high school match. But

West coach Steve Garland tried not to put undue pressure on Rujawitz and his classmates.

"You don't want to put those kind of expectations on him," Garland said. "I thought he had a pretty good chance (to place at state), but I needed to see him wrestle some good competition. From the beginning of the season to the end of the year, I could see a big improvement."

"He wrestled the defending undefeated state champion in the (state) semis and only lost by a couple points, but I'm sure there was a little intimidation factor there. With a little more time, he might

have been able to win that match, but he still won four out of five matches at state. Some kids don't win that many matches if they go to state for four years."

Rujawitz admitted he also did not know what to expect this season.

"I thought I was a pretty good little league wrestler, but high school is a lot different," Rujawitz said. "I just wanted to make the varsity, have a (300) year, make it to the sectional and get a couple wins there."

Rujawitz had several years of wrestling experience for the Belleville Little Devils junior program. But Garland knew

that didn't guarantee success on the high school level.

"We've had kids come up here (to state) who have wrestled for 10 years and they don't have their best matches," Garland said. "You never know what they'll do, especially as freshmen."

Garland is anxious to see what Rujawitz can accomplish the next three seasons.

"When Joe is aggressive, he's tough to beat," Garland said. "That's something you always try to teach kids, but Joe's attitude is something he was born with."

"As with all kids, the hardest thing for him to learn is his takedown and his

double-leg drop step. But if he can master that, he'll be very difficult to beat."

And Rujawitz is ready to do the work.

"Next year I'd like to go for

a state title," he said, "so I still need to improve my strength, my speed, my work ethic and my technique. I'll go to a lot of summer meets. You can take a little time off, but you have to be weightlifting constantly. You always have to be working if you want to be one of the best."

Kirgan helps Warriors earn trophy

Continued from Page 1B

where I could do well by myself and that's why I started doing wrestling when I was a little kid. You always got medals for every single tournament. You didn't have to wait until the end of the year to get a big trophy; you always got trophies and medals every weekend. You got to meet friends, you got to take your friends and go to wrestling tournaments, stay in hotel rooms."

Rujawitz's dad, Al, spent years assisting head coach Mike Garland at Granite City High School before departing this season to take the head coach position at Collinsville.

"My dad was the junior-high coach at Coolidge for a long time," Kirgan said. "They were undefeated for four or five years in a row. When I was there, we were

undefeated. My dad was always the coach so I was like a second coach. In fourth grade, I started going to practices at the junior high, with Joe Scott and Jonas Janek and all these guys who were wrestling back then. I went to practice with them and it was like I was on the team, running sprints and everything."

"Finally, I got there and I knew everything that was going on. That's how I got pretty good, I guess, wrestling older guys. I used to wrestle at the high school when I was younger, too. That helps you out, you get around the surroundings and you know what it's all about when you are a little kid."

Kirgan took second at sectionals as a freshman and won his first-round match at state before losing in wrestlingbacks and dropping out of medal contention. As a

sophomore, Kirgan won his sectional and won his first match at state, then made it through wrestlingbacks until losing to Rockford East's Aaron Powers, who won the state title this year at 189 pounds.

Kirgan emerged from this year's state tournament in third place, but it's not nearly enough to satiate this very gifted Warrior.

"I know I have to be state

champion," Kirgan said. "It has been on my mind since I was just a little kid — it's all I've wanted. If I get that, I'll be happy. Whatever I have to do to get it, I'll do it. I'm going to train, I'm going to get stronger, I have to work harder and wrestle over the summer. Hopefully I'll do well this summer in free-style Greco wrestling, that will help me get a scholarship next year."

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Movie Schedule

Film timetable for Wednesday, March 17. For times on other days or to confirm these times, check local theaters.

CARMIKE PETITE
1701 and Hwy. 157, Collinsville, 344-1708
Analyze This (R) 7:00, 9:30
Deep End Of The Ocean (PG-13) 7:05, 9:25
My Favorite Martian (PG) 7:10, 9:20
Carrie 2 (R) 7:15, 9:35

EASTGATE CINE
Eastgate Plaza, E. Alton, 254-6288
Cruel Intentions (R) 5:00, 7:30
Analyze This (R) 4:40, 7:20
The Corruptor (R) 4:20, 7:00

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Carrie 2 (R) 4:30, 7:00
The Other Sister (PG-13) 4:00, 6:50
Wing Commander (PG-13) 4:10, 6:40

COTTONWOOD EDWARDSVILLE CINEMA
Edwardsville, 454-4280
Enemy Of The State (R) 7:00
The Prince Of Egypt (PG) 6:45
Patch Adams (PG-13) 7:15

LINCOLN THEATER
103 E. Main, Belleville, 239-0123
Mighty Joe Young (PG) 7:05
The Waterboy (PG-13) 9:25
Beloved (R) 7:30
The Rugrats Movie (G) 7:00
Living Out Loud (R) 8:45

NAMEOKI CINEMA
30 Nameoki Village, Granite City, 877-6630
Message In A Bottle (PG-13) 7:00
She's All That (PG-13) 7:15

O'FALLON 15 CINE
1220 Central Park Dr., O'Fallon, 822-4900
Cruel Intentions (R) 1:00, 3:10, 5:25, 7:40, 10:00
Cruel Intentions (R) 2:00, 4:10, 7:00, 9:25
Carrie 2 (R) 2:15, 4:35, 7:10, 9:30
My Favorite Martian (PG) 1:10, 3:10, 5:15, 7:25
Rushmore (R) 9:30
Deep End Of The Ocean (PG-13) 1:45, 4:20, 7:15, 9:45
October Sky (PG) 1:45, 4:25, 7:05, 9:35
Prince Of Egypt (PG) 1:00, 3:15
Payback (R) 5:45, 8:05
Payback (R) 2:30, 4:50, 7:15, 9:35
Stopn' Out (PG-13) 1:00, 3:30
200 Cigarettes (R) 3:20, 6:00
Wing Commander (PG-13) 1:00, 3:10, 5:25, 7:45, 10:00
She's All That (PG-13) 1:50, 4:45, 7:10, 9:20
Message In A Bottle (PG-13) 2:15, 5:10, 8:10
Shakespeare In Love (R) 2:00, 4:30,

7:20, 9:55
The Other Sister (PG-13) 1:20, 4:20, 7:00, 9:45

QUAD CINEMA
Belleville, 233-1220
Cruel Intentions (R) 4:30, 7:30, 10:00
Carrie 2 (R) 4:10, 7:00, 9:50
Analyze This (R) 4:20, 7:10, 9:30
The Other Sister (PG-13) 4:00, 6:50, 9:40

ROXANA CINE THEATER
Roxana, 254-6748
My Favorite Martian (PG) 7:00

ST. CLAIR 10
50 Ludwig Drive, Fairview Heights, 388-8383
Baby Geniuses (PG) 1:05, 4:05, 7:05
Analyze This (R) 1:15, 4:15, 7:15
Analyze This (R) 2:00, 5:00, 8:00
Blast From The Past (PG-13) 1:40, 4:40, 7:20
8 MM (R) 1:30, 4:30, 7:30
6 MM (R) 2:15, 5:15, 8:15
Office Space (R) 1:10, 7:10
The Corruptor (R) 1:00, 4:00, 7:00
Cruel Intentions (R) 5:20, 7:40, 9:55
Saving Private Ryan (R) 1:20, 4:40, 7:50

SHOWCASE 12 EDWARDSVILLE
6633 Center Grove Rd., 659-7468
Payback (R) 4:50, 7:40, 10:00
The Corruptor (R) 4:45, 7:30, 10:05
Cruel Intentions (R) 5:20, 7:40, 9:55
My Favorite Martian (PG) 5:10, 7:15, 9:30
Analyze This (R) 4:40, 7:10, 9:40
The Deep End Of The Ocean (PG-13) 3:50, 6:40, 9:20
Carrie 2 (R) 5:00, 7:45, 10:15
Wing Commander (PG-13) 4:00, 7:00, 9:45
8 MM (R) 4:30, 7:20, 10:05
Wing Commander (PG-13) 4:20, 6:50, 9:40
October Sky (PG) 4:10, 6:45, 9:15
She's All That (PG-13) 5:30, 7:50, 10:10

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2687 Olive, 514-1616
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8 MM (R) 1:50, 5:30, 8:10
The Corruptor (R) 1:55, 5:35, 7:50, 10:10
October Sky (PG) 2:05, 5:30, 7:50, 10:10
Saving Private Ryan (R) 1:30, 5:10
Cruel Intentions (R) 8:30
Cruel Intentions (R) 2:15, 5:40, 10:15

Horoscope

WEDNESDAY, MARCH 17
The new moon in Pisces is a spiritual rebirth for all who need one. With Mercury transiting retrograde back into Pisces, you can right past wrongs and start this lunar cycle with a clean slate. If you said something you have lived to regret, chances are nobody remembers but you. Forgive those who forgive you, as well as those who don't.

TODAY'S BIRTHDAY
(March 17). It should be a year of notable events! In the next six months, love returns, and money problems end, but these aren't interrelated! Take the initiative, and establish a rapport with those in different lines of work; you'll be making a switch in June to order to earn more. By July, more money allows you to buy a home or car. Love with a Virgo or Gemini is divine.

ARIES (March 21-April 19). Be sure that your sensitive emotional nature at the moment is not overreacting to the situation and that you don't take things too personally. Your home beckons now; entertain or complete a beautification project.

TAURUS (April 20-May 20). The tenseness of the last week may have taken a toll on your health; protect yourself now from dietary, emotional and physical excess. Take on very little, and enjoy your creature comforts — you deserve it. Talk with relatives.

GEMINI (May 21-June 21). Your kids and lover think you are made of gold today, and you have the disposition to

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keep up the pretense. Your love life is A-plus now. Make dinner together, and eat by candlelight. A property investment earns you money.

CANCER (June 22-July 22). Your trick really come through for you, and you enjoy feeling confident and appreciated. Consider investing with a friend for mutual gain. Hard work is necessary for quite a while; be patient. Take care of your health.

LEO (July 23-Aug. 22). Your optimism is important, and your vision true, even if others can't see the bigger picture. Beautification nurtures the spirit; give yourself what you need today. Don't make excessive purchases you may later regret.

VIRGO (Aug. 23-Sept. 22). Optimism and pessimism may alternate in phases today. You choose idealistic thought as a guide to action; make sure your castles are not built in the air. Time spent alone brings quiet enjoyment today.

LIBRA (Sept. 23-Oct. 23). It may seem there is nothing but work and commitment in

sight. Do what needs to be done, whether you want to or not. You will soon reap the rewards. Be flexible with the needs of others — it pays off.

SCORPIO (Oct. 24-Nov. 21). Your intangible dreams can still come to fruition if you don't give up. Lucky you — your sex appeal is off the charts. Be discriminating and direct in your intentions. Finishing makes you feel strong, content and in control.

SAGITTARIUS (Nov. 22-Dec. 21). You're fussing about details this morning, but if you can stop worrying, you'll realize they don't matter. Use positive images to dispel those nagging concerns. Be specific about what you expect, or you'll be disappointed.

CAPRICORN (Dec. 22-Jan. 19). You could discover more than you wanted to know. The boss speaks personally about your future. Social obligations might cause stress, but you'll find plenty of time for family, too. Logistics sort themselves out nicely.

AQUARIUS (Jan. 20-Feb. 18). Travel is smooth and enjoyable. Ideas and discussions for the future stimulate your imagination. What you put in writing now brings much favorable attention. A surprise long-distance call is good news.

PISCES (Feb. 19-March 20). When push comes to shove, you win hands down. Even when comrades back down, much favorable attention is knocking, but you must persevere. Follow what you feel is right in your heart.

Illinois Trekkers open 1999 walking season March 19

The Illinois Trekkers Volunteer Club will kick off its 1999 schedule of walks with its annual St. Patrick's Day Walk on March 19. The walk will be on the Belleville East High School walking trail, which is suitable for wagons and strollers and is rated as a 1 (easy) for degree

of difficulty. A 10-kilometer, or 6.2-mile, trail will be offered, and for those unable to walk this distance, a shorter distance will be available. The start point for the event will be McDonald's, 906 Carlyle Ave., Belleville (across from Belleville East High School). Walkers may start anytime between 5:30 and 6:30 p.m. and should be finished and off the trail by 8:30 p.m. This event is a "credit only"

event, which is sanctioned by the AVA/IVV and is eligible for credit toward IVV achievement awards. Registration fee for the event is \$2. The event is open to everyone, and family participation is strongly encouraged. Previous walkers are reminded to bring their event/distance books. New walker packets as well as event and distance books will be available for sale at the event for \$5 each.

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Sunday - 3pc chicken w/potato & roll \$1.00 Longnecks

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The Tax-Aide Program is made up of a group of volunteers who assist senior taxpayers with the federal and state income tax forms, as well as the Circuit Breakers. There have been several important changes this year including an increase in the personal exemption amount in Illinois, a new child credit, a new education credit and an increase in the income level that qualifies individuals for the Circuit Breaker. Please bring all 1998 tax information, as well as a copy of last year's forms. This is sponsored by the ARP and the IRS. It last through through April 15. For questions or more information, call 277-5511. The following is local sites that senior taxpayers of low and moderate incomes can go to receive free tax assistance.

- PSOP Senior Center, 201 N. Church St., Belleville Monday-Friday, 9 a.m. to noon.
- Union Planters, 19 Public Square, Belleville, Monday, Wednesday, and Friday, 9 a.m. to 3 p.m.

- to 3 p.m.
- Associated Bank, 100 E. Washington, Belleville, Monday and Friday, 9 a.m. to 3 p.m.
- Nations Bank, 23 Public Square, Belleville, Thursday, 9 a.m. to 3 p.m.
- Associated Bank, 6902 West Main St., Belleville, Tuesday and Thursday, 9 a.m. to 3 p.m.
- Union Planters, 1300 N. Belt West, Swansea, Monday and Tuesday, 9 a.m. to 3 p.m.
- Mercantile Bank, 6701 N. Illinois St., Fairview Heights, Tuesday, 9 a.m. to 3 p.m.
- Associated Bank, 6550 N. Illinois St., Fairview Heights, Wednesday, 9 a.m. to 3 p.m.
- Union Planters, 10950 Lincoln Trail, Fairview Heights, Tuesday, 9 a.m. to 2 p.m.
- Union Planters, 10055 Bunkum Road, Fairview Heights, Monday and Thursday, 9 a.m. to 2 p.m.
- Caseyville Nutrition Center, 10001 Bunkum Road, Fairview Heights, Wednesday and Friday, 9 a.m. to 1 p.m.
- Collinsville Senior Center, 411 E. Main St., Collinsville, Thursday, 9 a.m. to noon; Friday, 9 a.m. to 2 p.m.
- O'Fallon Nutrition Center, 801 E. State St., O'Fallon, Tuesday, 9 a.m. to noon and Thursday by appointment only.
- Lebanon Nutrition Center, 210 N. Pearl St., Lebanon, appointment required call 537-6748.
- Union Planters, 121 E. Main St., Mascoutah, by appointment, call 566-2333.
- Millstadt Nutrition Center, 102 S. Jefferson St., Millstadt, Monday, 9 a.m. to 2 p.m. by appointment call 476-3731.
- New Athens Nutrition Center, 100 S. Benton St., New Athens, Wednesday, 9 a.m. to 2 p.m., call for an appointment 475-3683.
- Union Planters, 205 S. State St., Freeburg, Thursday, 9 a.m. to 3 p.m., call for an appointment 539-5862.

Seniors and Company helps families cope with Alzheimer's

Support and respite for families is how director Laura Muzzey describes the mission of her organization, Seniors and Company. Seniors and Company is an adult day-care center at 115 Piper Hill Drive in St. Peters. The facility provides a caring atmosphere for elderly participants to spend time. Seniors and Company is open from 7 a.m. to 6 p.m. Monday through Friday. "We provide rehabilitation, care and supervision, group and individual activities, meals and snacks, transportation, exercise and field trips," Muzzey said. "We are a state-licensed, Medicaid-approved facility. That's pretty important." Muzzey said the facility mainly caters to participants who have Alzheimer's disease or suffer from dementia. A full-time nurse is on staff who can perform rehabilitation and administer medicines. The ratio of staff to participants is eight to one. Full-time and part-time

enrollment is available. Anyone interested can come in for a free tour and a complimentary half-day stay. Seniors and Company is ADA-approved.

"We provide rehabilitation, care and supervision, group and individual activities, meals and snacks, transportation and field trips."

Laura Muzzey
Seniors and Company

New electronic gifts help seniors communicate better

Families can give parents the gift of communication, thanks to new consumer electronic products and innovative uses of earlier technologies. Cellular telephones have become increasingly popular with all ages, including those over 65 years old. These inexpensive wireless telephones offer safety and convenience for those seniors who enjoy solitary activities such as biking, walking or long drives. They also give seniors constant access to their families (and vice versa) during extended vacations away from home. At home, new "intelligent" telephones do more than just ring. Features such as advanced caller identification and electronic address books give users instant access to people who have called, the time and the accompanying telephone number — even if they have called days ago.

classrooms and thousands of Web sites. Internet E-mail access also provides a way to keep in touch with the family anytime, anywhere and for less than a long-distance telephone call. The only thing better than a telephone call is a chance to actually see the family. Consumer electronics, specifically camcorders and VCRs, can help this happen. Unforgettable moments like a baby's first step or a grandchild's high school graduation can be videotaped, mailed to a loved one, and played on a VCR thousands of miles away. It's better than a letter. Plus, with new digital camcorders and VCRs, these memories can be sent immediately to family through the internet.

The telephone will also give a special recorder message when specific telephone numbers call into the system. This feature allows users to give family members, and no other callers, personal information about where they are and how they can be reached. Finally, this telephone can be used to access the internet. The internet and the World Wide Web provide an avenue to knowledge, interactive entertainment and personal communication. Internet access devices for televisions give seniors access to everything the internet provides without ever purchasing or learning how to use a home computer. The modestly priced devices hook directly to a television and give the user access to E-mail, chat rooms, on-line

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The Suburban Journals Bridal Planner will include information about everything the well-prepared bride or groom needs to know in order to plan a successful wedding. The spiral-bound book will contain bridal businesses, stories, photos, checklists and worksheets to help coordinate and organize all of your wedding details. To receive your free copy of the Bridal Planner simply fill out the form below and take it to your local Suburban Journals office (call 314/821-1110 for the nearest office), or mail it to: Bridal Planner, 1714 Deer Tracks Trail, St. Louis, MO 63131. (For mail in requests please allow 3-6 weeks for delivery.)

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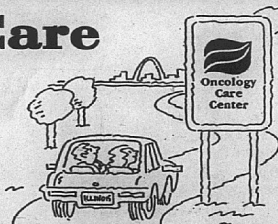
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Pharmacists Top Gallup's Most Trusted Professionals Poll Again.

Source: The Gallup Organization

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Summer art workshops scheduled for SIUE

Youth Art Workshops, part of the SummerArts '99 program at Southern Illinois University at Edwardsville, are scheduled for June and July in SIUE's Alumni Hall and in the Art and Design Building.

All workshops are designed to stimulate the aesthetic and creative growth of students working with art students studying to become certified art specialists.

The various workshops are:

- Ceramics/Sculpture Intermediate for ages 9-12, June 28-July 9. Session I — 9 to 11:30 a.m. (Alumni Hall, Room 3201). Session II — 9 to 11:30 a.m. (Alumni Hall, Room 3200). Session III — 1 to 3:30 p.m. (Alumni Hall, Room 3201). Session IV — 1 to 3:30 p.m. (Alumni Hall, Room 3200). Students will create hand-built objects in clay.

Sculpture is devoted to additive and subtractive approaches using many multi-media processes. Class size is limited to 10 and the cost per session is \$70.

- Drawing/Painting Intermediate for ages 9-12, July 12-23. Sessions I and II will be offered from 9 to 11:30 a.m., and Sessions III and IV will be offered from 1 to 3:30 p.m. The cost per session is \$70.

Sessions I and III will be conducted in Alumni Hall, Room 3201, and Sessions II and IV will be in Alumni Hall, Room 3200. The classes will provide hands-on experiences in drawing, painting, collage and printmaking. Students will be shown how to communicate ideas through a number of two-dimensional processes. Emphasis will be on creativity and originality. Class size will be limited to 10.

- Drawing/Painting Junior/Senior High, for ages 13-18, June 14-July 2. Session I will be offered from 1 to 3:30 p.m., and Session II will be from 1 to 3:30 p.m. The cost per session is \$75 and classes will be conducted in the Art and Design Building, offering intensive study in the studio areas of painting and drawing.

Students will be introduced to approaches used in drawing and painting, with an emphasis on composition, subject selection and techniques. Enrollment is limited to 10 students, who may enroll in one or both sessions; curriculum will be adjusted accordingly for those who have attended sessions previously.

- Primary Children's Art Workshops for ages 6-8, June 14-25. Sessions I and II will be offered from 9 to 11:30 a.m. and Sessions III and IV

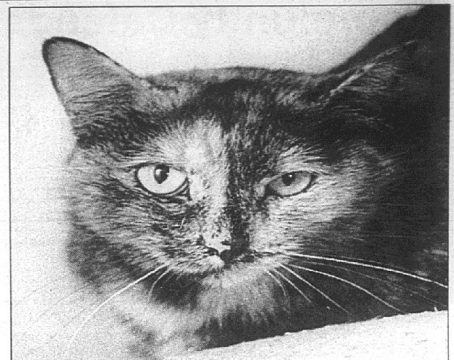
from 1 to 3:30 p.m., all in Room 3200 of Alumni Hall. The cost per session is \$70. Class size will be held to 10 students.

This workshop will explore a wide variety of topics through painting, sculpture, printmaking and crafts, with encouragement to use creativity in expressing ideas about people, places and pets. Students will learn about artists and what artists create, with emphasis on meeting the artistic needs of each child.

- Ceramics Junior/Senior High, for ages 13-18, June 21-July 9. Session I will be offered from 9 to 11:30 a.m., and Session II will be offered from 1 to 3:30 p.m., both in the Art and Design Building. The cost per session is \$75. Class size will be limited to 10.

This workshop offers opportunities to develop basic techniques on the wheel, as well as create ceramic pieces using hand-building techniques. Sculpture processes using a multi-media approach will be part of this workshop. Wire, plaster and wood are a few of the media to be used.

For more information about the workshops or to enroll, call the SIUE Department of Art and Design at 650-5183.



Pet of the week

John Swistak Jr. photo

Jamie, a 2- to 3-year-old tortoise-shell domestic shorthair, is among many homeless animals available for adoption from the Metro East Humane Society. Her previous owner had many cats, so she needs to be adopted by someone loving with a quiet home. She takes a while to get used to new people, but Jamie is very sweet once she adapts. To adopt Jamie (Card 79), apply in person at the shelter, 8495 Illinois 143, Edwardsville, or call 656-4405. Shelter hours are 11:30 a.m. to 5 p.m. Monday through Saturday and noon to 4 p.m. Sunday.



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Community Calendar

Continued from Page 8B

GRANITE CITY SENIOR SOCIAL CLUB meets at the Nelson Hagnauer Township Hall. Doors open at 6 p.m. Dec. 21 for the next dance. For information, call 877-1215.

Support Groups

PARENTS ANONYMOUS GROUP meets 5:30 to 6:30 p.m., first and third Thursday of each month. For information on where meeting will be held, call Elaine Searcy at 462-2714 or Lyle Cubberty at 870-2382.

ALZHEIMER'S SUPPORT GROUP meets from 6:30 to 8 p.m., third Thursday of each month, in the President's Room, inside Bonaventure's Cafeteria, on the ground floor of St. Elizabeth Medical Center, 2100 Madison Ave. The group focuses on addressing the questions and concerns of care-givers and family members of people with Alzheimer's. All meetings are open to community members. Call 798-3018 for more information.

RIVERS OF WATER WORSHIP CENTER SUPPORT GROUP meets 9:30 to 11 a.m. the first and third Saturday of each month at 1307 Madison Ave., Madison, to comfort and restore. Group membership is open to all who are "broken"—at no cost. Worship service will follow each third Saturday at 11:30 a.m. For more information, call 341-3343 or 656-7831.

OBSESSIVE/COMPULSIVE DISORDER SUPPORT GROUP meets at 10 a.m. the third Saturday of each month, at Von Gortard Conference Center at St. John's Mercy Medical Center.

School Menus

Week of March 17-19

Granite City Public Schools

WEDNESDAY, March 17 (St. Patrick's Day): Breakfast: Pancake sausage roll-up with syrup, apricots, milk; Lunch: Baked lasagna, tossed salad with light dressing, garlic cheese bread, lime Jell-o with peaches, milk.

THURSDAY, March 18: Breakfast: Cereal, toast and jelly, raisins, milk; Lunch: Chicken pot pie, green beans, slice of bread, cinnamon applesauce, peanut butter cookie, milk.

FRIDAY, March 19: Breakfast: Pop Tarts, cherries, milk; Lunch: Grilled chicken sandwich, tomato soup with crackers, pineapple chunks, milk.

Madison Public Schools

WEDNESDAY, March 17 (St. Patrick's Day): Breakfast: Doughnut, milk; Lunch: Chicken patty on bun, lettuce and tomato, oven wedges, fruit gelatin, milk.

THURSDAY, March 18: Breakfast: Sausage, pancake, milk; Lunch: Spaghetti and meatballs, French bread, tossed salad, salad dressing, pineapple chunks, milk.

FRIDAY, March 19: Breakfast: Cereal, toast, milk; Lunch: Salmon patties, macaroni, cole slaw, applesauce, milk, bread.

St. Elizabeth's School

WEDNESDAY, March 17 (St. Patrick's Day): Lunch: Chicken nuggets, mashed potatoes, peas, bread slice, mixed fruit, milk.

THURSDAY, March 18: Lunch: Nachos supreme with cheese over nachos, mixed vegetables, garlic bread, peaches, milk.

FRIDAY, March 19: Lunch: Vegetable soup, toasted cheese sandwich, carrot sticks, banana, milk.

Holy Family School

WEDNESDAY, March 17 (St. Patrick's Day): Lunch: Spaghetti, cheese chunks, salad, bread, baked apples, milk.

THURSDAY, March 18: Lunch: Pork patty on bun, carrots and celery sticks, potato wedges, blueberry crisp, milk.

FRIDAY, March 19: Lunch: Cheese pizza, salad, corn, bread, applesauce, milk.

Wedding forms at office

Forms for bridal announcements are available at 1815 Delmar Ave., Granite City, Ill. 62040. Contact us at 876-2000.

615 S. New Ballas Road. Meeting is free and open to OCD patients, family and friends. For information call (314) 842-7228.

SPOUSE SUPPORT GROUP, sponsored by Nameoki United Methodist Church, meets the third Tuesday of each month. For meeting time and place, call the church at 877-1936.

THE CHURCH OUTREACH INC. meets 7 to 9 p.m. every Wednesday night at First Fellowship Missionary Baptist Church, 1641 Third St. in Madison. The CHURCH is an outreach program designed to support its community in the struggle with drug control. All meetings are confidential. For more information, call 877-TRUE.

THE COHEARTS (Commitment of Healing Emotions and Recovery Through Support Survivors of Suicide Support Team) is open for anyone who has lost a friend or loved one due to suicide. The group keeps all information confidential and allows you to express your thoughts and feelings openly. Meetings are at 7 p.m. every Tuesday at Behavioral Health Alternatives Inc., 337 E. Ferguson in Wood River. For more information call 351-4073.

PULMONARY SUPPORT GROUP, for persons with diagnosed lung condition, 11 a.m. to noon every Wednesday in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

AL-ANON, 9:30 a.m. every Monday, 2118 Edison (side door) in Granite City. Call 463-2429.

ALCOHOLICS ANONYMOUS, 11 a.m. and 8 p.m. every Wednesday, 2118 Edison, Granite City, (800) 307-6600.

AL-ANON ADULT CHILDREN meets at 7 p.m. every Wednesday at St. Elizabeth Medical Center, 2100 Madison Ave., in the Kettler Conference Room A. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS, 8 p.m. every Wednesday, St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

ALCOHOLICS ANONYMOUS, 11 a.m. and 8 p.m. every Thursday, and noon and 8 p.m. every Friday at 2118 Edison, Granite City, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m., every Thursday, Presbyterian Church, Mitchell, (800) 307-6600.

AL-ANON, 7 p.m. every Thursday, St. Elizabeth Medical Center, 2100 Madison Ave., in the Kettler Center Day Care room C. Call 463-2429.

ALCOHOLICS ANONYMOUS, 8 p.m. every Saturday and 1:30 and 8 p.m. every Sunday at 2118 Edison, Granite City, (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m. every Sunday, St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, (800) 307-6600.

ALCOHOLICS ANONYMOUS (women only), 8 p.m., every Tuesday, Presbyterian Church, Mitchell, (800) 307-6600.

AL-ANON, 8 p.m., every Tuesday, St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

THE CIRCLE OF HOPE, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. every Tuesday at the King's House on North 66th Street in Belleville. For more information, call 234-0201.

NARCOTICS ANONYMOUS open meetings are held at St. Elizabeth Medical Center, 2100 Madison Ave., on the following days and times: 8 p.m. Sundays in Pascal Hall; 8 p.m. Tuesdays in the Kettler Center; Room A; 8 p.m. Thursdays; 8 p.m. Fridays in the Kettler Center; and 8 p.m. Saturdays in Pascal Hall. For more information, call the 24-hour hot-line, 398-9409.

NARCOTICS ANONYMOUS, Seeking recovery, 8 p.m. every Thursday, 2016 Delmar Ave., 24-hour hot-line 398-9409.

NARCOTICS ANONYMOUS, Acceptance, 8 p.m. every Saturday, 2016 Delmar Ave., 24-hour hot-line 398-9409.

NARCOTICS ANONYMOUS, Live the Steps, 8 p.m. every Sunday, 2016 Delmar Ave., 24-hour hot-line 398-9409.

ARTHRITIS SUPPORT GROUP, 7 p.m., fourth Monday of each month, Alton Memorial Hospital cafeteria, Room B.

OSTOMY SUPPORT GROUP, 2 to 4 p.m., fourth Tuesday of every month, Pascal Hall, main floor, St. Elizabeth Medical Center, 798-3107.

CWF holds meeting

The Christian Women's Fellowship of Central Christian Church (Disciples of Christ) met at the church Feb. 4. Refreshments were served before the meeting was started by the Ruth Group, with a valentine theme.

Betty Ebrecht, President, conducted the business meeting. Plans were made to host the Southeast Gateway Area Nurture Workshop. Members were asked to handle registration and hospitality for the event.

The CWF will be responsible for refreshments following the Lenten services with St. John's United Church of Christ and St. Peter's Evangelical United Church of Christ on March 21.

The CWF is collecting layette items for babies born to needy families in the area. This is a project of Church Women United.

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Today's Food



Wise Ways
Cabbage head goes to work
See Page 2



A flavorful one-pan dish of meat and potatoes adds a twist that saves time for the cook and adds color with tomatoes.

Bowl of potatoes becomes pot o' gold

By Janice Denham
Staff writer

Potatoes are not a fussy food. They come in basic colors, shine with simple cooking and yield no surprises after cooking, except for being delicious, hearty and nutritious. Saving an entire nation from famine in Ireland attests to their stalwart character. When famine drove the Irish to the New World, they brought their potatoes, which never have lost popularity. Gaelic "spud" is

the spade used to dig potatoes out of the ground.

However, Irish folk are not the only people who appreciate them. Many food writers emphasize the "meat" in "meat and potatoes," but they forget to dot the "eyes" when they overlook the "potatoes" in this love affair.

Potatoes are classified by age — new or storage. New potatoes are dug from the ground somewhere at any time of the year, but not all small potatoes are new. Check by rubbing a finger across the peel.

If it rubs away, it really is new. Because the starch has not had time to develop, new potatoes should be scrubbed gently, then boiled or roasted in their skins.

Low starch and high moisture is the mark of a potato that holds its shape with boiling. These are often in salads and stews. Usually they are round, rather than oblong.

Potatoes that are low in moisture and high in starch are bakers, with flesh that is flaky

See SPUDS Inside TODAY'S FOOD Page 2



Irish Traditions

All those Irishmen of non-Irish descent are just taking a page out of St. Patrick's book. A missionary, he wasn't born in Ireland either. He didn't go there until he was about 60 years old.

Green is the color for a bit o' fun on St. Patrick's Day. It celebrates the color of Ireland and the color of the shamrock, the plant St. Patrick used to teach about Christianity. Four-leaf clovers denote good luck.

Although leprechauns are crotchety little guys, they are part of the tradition, because they supposedly possess a hidden pot of gold. Part of the holiday

fun can be finding the treasure. Another way to celebrate is to color beverages, mashed potatoes, pudding or rice light green and blame it on mischievous leprechauns. Putting a dollop of green pudding between layers of regular pudding makes it a surprise.

Kissing the Blarney Stone, set in the wall of the Blarney Castle tower in the Irish village of Blarney, is supposed to give a person unusual gifts of eloquence (blarney). Kissing it involves lying on one's back and bending backward, while holding iron bars for support.

In Ireland, St. Patrick's Day is observed family style by going to church and having a meal together.



Kids' Cuisine

Food & Nutrition

Hearty Bites

Potato varieties give everyone something to like.
INSIDE

Blue Ribbon Cook

Recipe for Chicken Tullamore emigrated from Dublin, Ireland.
INSIDE

Test Run

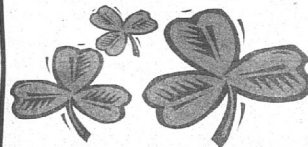
Fruit flavors of applesauce hit the road in individual servings.
INSIDE

Micro Raves

Frozen foods live up the early spring menu.
INSIDE

Lively Taste

Flavors of Caesar salad are the rage. For a chicken classic, cook 1 pound boneless, skinless chicken breast, cut in strips, in 1/4 cup Caesar salad dressing. In large salad bowl, toss 8 cups torn romaine lettuce or 1 package (10 ounces) romaine salad greens with chicken, 1 cup Caesar-seasoned croutons, juice of 1/2 lemon, 1/4 to 1/2 cup grated parmesan cheese, freshly ground pepper to taste and 1/2 cup additional salad dressing.



Health & Fitness

Medicine Chest

Beyond not aggravating the back, treatment for sciatica continues to be debated.
INSIDE

Fresh Picks

For an easy salad or sandwich, toss diced Granny Smith apples with flaked tuna or salmon, golden raisins and mayonnaise seasoned lightly with curry powder. Another quick lunch is to bury thin wedges of apple in a small cup of cottage cheese to tote next to an ice pack. Thinly sliced "Grannies" can be heated in red fruit jelly or preserves to serve as a sauce over ice cream or plain cake. For a green fruit salad, combine seedless green grapes, sliced kiwifruit, and Granny Smith apples and Bartlett pears with their peels.

Big Fat Tip

Cheese is a delicate food, so treat it attentively and with light heat. Reduced- or no-fat cheese needs even more individual attention. Rather than melting it, allow heat from the cooked food to do the job. For a soft, moist melt when broiling, spray the cheese with nonstick cooking spray before placing it at a distance from the heat source for a short time.

Future Shop

On-line shopping is growing by leaps and bounds. There are two types of buyers emerging for foods. One is the online grocery buyer, usually a working mother or housewife willing to spend an extra \$10 to \$30 a month for on-line shopping in exchange for more free time. Well over half of this group has children. However, men are more likely to buy specialty items, like gift baskets and upscale foods, from an Internet site. Source: "The Forrester Report: On-Line Retail Strategies."

Today's Food

Applesauce shares fruit flavor with cherry, peach

Mott's Fruittations start with applesauce in 4-ounce containers. The fun is picking the flavor partners.

Testers tried the mango peach, cherry and tropical blend varieties.

TEST RUN

A pack of six in a single flavor duet cost \$1.89 at Shop 'n Save.

Although a couple tasters usually eat unsweetened applesauce, almost all thought the level of sweetness was not too high.

"I was pleasantly surprised to find the applesauce in the tropical and cherry flavors wasn't too sweet. I enjoyed all of them," a taster said.

Several were surprised by its consistency. One thought better of the Mott's



Applesauce holds complement of other fruit flavors packaged for on-the-go snackers and lunchers.

brand than she remembered. She called the peach flavor "delish."

"I eat a lot of applesauce and my favorite is

plain without sugar in another brand, because once I found it (Mott's) was watery in comparison. But this flavored one is

great and saucy though with bright lively taste," she said.

Several still preferred a chunkier sauce, but liked the mixed-fruit flavor.

The cherry applesauce's color attracted testers first. "The cherry applesauce was very tasty, but with more of the applesauce flavor coming through than the cherry. It had a nice sweetness level as well," one said.

Another tester, who found the sweetness high for her tastes, appreciated the flavor of cherries, a favorite, and gave a different spin on its texture.

"I would have loved to have seen flecks of cherry, but then it would be cherry-sauce. The smooth texture goes down well, especially on a sensitive or a

child's stomach," she noticed.

One tester tried all three flavors.

"The cherry held the most apple flavor. In fact, if I weren't paying attention to the label and color, I might be surprised that it is cherry. However, the peach, which is supposed to have mango too, was my favorite because it had a true peachy flavor. The tropical came across mostly as a pineapple flavor," she said.

Another self-taught applesauce connoisseur, she often adds fruit to it.

"It was a standard when I was growing up and my kids ate applesauce as a staple when they were very young. The pineapple was interesting, because it didn't have the usual firm

texture of pineapple, which gave it different appeal than using fruit itself in the sauce," she said.

Most testers sidelined the price factor, although one said he would rather spend his money on two jars of chunky applesauce on sale than a pack of six 1/2-cup servings.

"Of course, I guess you're paying for convenience with these items," he said.

Another mom of older children thought it would not be cost effective except for younger children or to pack in a lunch for someone who would only eat a small amount of fruit.

"My kids would have downed the whole six-pack, when it comes to applesauce, then asked for another flavor," she said.

Sciatica battle rages on

By Rebecca Coley
Correspondent

The sciatic nerve is the longest, largest nerve in the body. When irritated or inflamed it produces pain and other symptoms that can be felt in the buttocks or running down the leg.

The nature of this pain rises from the fact that a sciatic nerve is composed of five smaller nerves that run from the spinal cord into the leg and break off into the thigh, knee, calf, ankle, foot and toes.

Sciatica results from an irritated or inflamed sciatic nerve. People with sciatica often complain of pain which travels down the back and into the upper leg. It may be mild, like a dull ache or numbness, or it may be severe and reach all the way to the toes.

Sitting for long periods of time may aggravate the sciatic nerve. Exercise — especially twisting exercises, such as golf or tennis — also can be problematic. Pain can be limited to one leg, bother both sides or even alternate.

Researchers are still trying to find the best treatment for sciatica, so medical treatment varies. Typically sufferers use painkillers, muscle relaxers or anti-inflammatories. Physical therapy also can be helpful. In severe cases, surgery may be necessary.

Recently researchers sought the best treatment of sciatica. They studied whether bedrest for two

weeks was better than "watchful waiting," where subjects were allowed to get up and go about whenever possible but tried to avoid straining the back.

The New England Journal of Medicine published the results in February. Of 92 subjects on bedrest, seventy percent said they felt better at the end of the two weeks. However, so did 59 of the 91 (only five percent less) who were allowed to get up and move around.

After 12 weeks, 87 percent of both groups said they felt better. In this study, statistically there was no difference between bedrest and "watchful waiting."

There also was no difference in the amount of pain between the two groups or the amount of absenteeism from work.

One could argue that more subjects should be studied, but for now the question remains as to what the best treatment is.

One thing for certain is anyone who suffers from sciatica should have it evaluated early, rather than waiting until the pain is severe beyond relief. A physician or chiropractor can offer possible options.

Registered pharmacist Rebecca Coley is a board member of the Saint Louis College of Pharmacy Alumni Association. Questions for her to answer in "Medicine Chest" can be e-mailed to her at rcoley@tmsmail.com or sent to: Medicine Chest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Cabbage can play various roles

By Linda Rellergert
Correspondent

St. Patrick's Day finds cooked cabbage on the menu. This unpretentious vegetable — with much to offer in color, texture and taste —

WISE WAYS

deserves more than just a once-a-year invitation to dinner.

Cabbage first may have grown wild by the seashores of Southern Europe, England and Denmark. Whatever its origin, cabbage is grown and valued now in cultures worldwide as a nutritious, easy-to-grow vegetable.

Vegetables in the cabbage family are valued for the cancer-fighting nutrients they provide. Many of these compounds, called "phytochemicals," are just beginning to be identified. However, some are more familiar, like vitamins C and A, folate and potassium.

There are several readily-available cabbages to choose:

- * The most common cabbage variety in the U.S. is green with a compact head. It is used most often for slaw.
- * Red cabbage can be substituted for green cabbage because it differs little except in color. Cooked with apples, it is a traditional German favorite.
- * Savoy cabbage has attrac-

tive, crinkled green leaves that form a looser head. It can be used cooked or raw in any cabbage recipe. Whole leaves make an inviting liner for bowls of slaw or other salads.

* Celery cabbage or Napa cabbage is an elongated, oval head that is firm in texture and pale green to white in color. Its delicate flavor and crispness suits it well in stir-frying or raw in salads.

* Bok choy, called Chinese cabbage, is best cooked in soups or stir-fried. It also can replace other greens, such as kale or mustard greens.

When buying cabbage, choose heads that are firm and heavy for their size, with good color and free of obvious signs of decay. The leaves of looser head varieties, like bok choy or Napa, should have crisp, fresh-looking leaves.

Store cabbage in a plastic bag in the refrigerator. Use looser head varieties and packaged slaw mixes within a few days. Whole, uncut, compact head types keep about 2 weeks.

Overcooking cabbage or any member of this vegetable family results in an unattractively strong odor and taste.

Shorter cooking not only prevents this, but also helps retain vitamin C and other nutrients. The result is a more attractive, colorful, flavorful vegetable on the dinner plate.

Apple Cabbage Slaw, an official 5-a-day recipe, is a good alternative to cooked cabbage to accompany St. Patrick's Day corned beef.

Try making it with a less familiar variety, like Napa or savoy. Unpeeled red-skinned apples add color contrast. A handful of raisins makes another variation the next time it is served.

Home economist Linda Rellergert is nutrition specialist for University Extension (University of Missouri system) in St. Charles County.

APPLE CABBAGE SLAW

1/4 cup light mayonnaise
1/4 cup low-fat yogurt
1 tsp. lemon juice
1 tsp. honey
1/2 tsp. curry powder
1/2 tsp. celery seed
1/8 tsp. salt
1/8 tsp. pepper
4 cups shredded cabbage
3 cups chopped apple

Mix together mayonnaise, yogurt, lemon juice, honey, curry powder, celery seed, salt and pepper. Toss with cabbage and apple. Makes eight (1-cup) servings; 53 calories, 0.4 g fat and 141 mg sodium each.

Spuds

Continued from page 1.

and dry. Their crumbly flesh would fragment in potato salad, but it is the choice for baking and mashing.

The peel holds many of the numerous minerals in the potato, so it is best to use it whenever possible. One pound of potatoes equals 3 cups peeled and sliced or 2 cups when mashed. One cup of shredded, sliced or cubed raw potato weighs 5.5 ounces.

Nutritionally, a medium (5- to 6-ounce) potato has just 100 calories, no fat or cholesterol, and more potassium and dietary fiber than a banana.

Eating a potato as the centerpiece of a meal is not new. Both champ and colcannon are Irish meals-in-one. They start with mashed potatoes, then add another vegetable, which can be greens, peas or, in the case of colcannon, cabbage. Herbs are another favorite addition.

Mashed potatoes seem simple enough: Boil them in water until soft, drain and mash by hand or with an electric mixer or ricer. Steaming at the end brings out their mealiness — a compliment for potatoes. To do this, let the last of the liquid boil away, taking care not to burn the vegetable. Another way to add flavor is to heat sliced onion in milk, then add the liquid for texture.

Potatoes with flavors, particularly garlic, are favorites in upscale restaurants. Often the potatoes are mashed by hand, so they are not smooth, and some of the peel is left on, too.

A microwave oven bakes potatoes quickly, but treats hurried cooks to easy meals with partial cooking, too. Just cut up potatoes and cook in a microwave as long as desired, then add to meat or poultry and vegetables to finish cooking. If a dry peel is desired for baked potatoes,

microwave them, then let them dry out in a 450 degree oven 10 minutes.

Pouch potatoes, a reminder of kid meals around a campfire, make a meal-in-one. Just pack potatoes, meat and vegetables in an aluminum foil pouch with a liquid — ready-to-use sauce, gravy or even water with herbs added — and bake until done.

The National Potato Promotion Board has two free brochures with recipes and suggestions to help those who like to eat potatoes beyond St. Patrick's Day. To receive them, send a business-size, self-

addressed envelope, stamped with 66 cents postage to: Speed Spuds! and Pouch Potatoes!, 5105 E. 41st Ave., Denver, Colo. 80216.

As an aside to any cook who cannot give up a favorite peeler, the attraction may be that the peeler is actually sharper than when it was new. The high starch in some potatoes reacts with the blade and sharpens the edge as each potato is

peeled. Long, smooth potatoes also give an even peeling action, so the handle may become more flexible with use.

POTATO PARMESAN MUFFINS

1 medium russet potato, peeled, coarsely chopped
1/2 cup water
1/4 cup milk
1-2/3 cups flour
3 tbsp. sugar
2 tsp. grated parmesan cheese
2 tsp. baking powder
1/2 tsp. basil, crushed
1/4 tsp. baking soda
1/4 cup oil
1 egg, beaten
1 to 2 tsp. grated parmesan cheese

In small saucepan over medium heat, cook potato in water, covered, about 10 minutes until tender. Do not drain. Mash or process in blender until smooth. Add milk to make 1 cup. Preheat oven to 400 degrees. Grease muffin cups or line with paper baking cups.

In bowl, combine flour, sugar, parmesan cheese, baking powder, basil and baking soda. Mix well. Combine potato mixture, oil and egg. Add all at once to flour mixture. Stir just until moistened.

Spoon batter into prepared muffin cups. Sprinkle tops with parmesan cheese. Bake in preheated oven 20 minutes or until lightly browned.

Remove from pan. Cool on wire rack. Makes 10 muffins; 170 calories, 4 g protein, 23 g carbohydrate, 7 g fat; 23 mg cholesterol, 174 mg sodium and 1 g dietary fiber each.

ONE-PAN POTATOES AND PORK PROVENCALE

1-1/3 lb. (4 medium) potatoes, cut in 3/4 inch cubes
1 tbsp. oil
1 lb. lean pork, cut in thin strips
1 cup cherry tomatoes
1/3 cup orange marmalade
2 tsp. Dijon mustard
Salt and pepper

Place potatoes in microwave-safe dish. Cover dish with plastic wrap, folding back one corner to vent. Microwave on high power 7 to 8 minutes until just tender.

Heat oil in 12-inch nonstick skillet over high heat. Cook and toss pork about 5 minutes until it is opaque. Drain. Add potatoes. Cook and toss 5 minutes until potatoes are lightly browned. Mix in tomatoes, marmalade and mustard. Toss until marmalade is melted. Season with salt and pepper.

Makes 4 servings; 375 calories, 12 g fat, 50 mg cholesterol, 690 mg sodium, 50 g carbohydrate, 20 g protein and 5 g dietary fiber each.

POTATO SKILLET FRITTATA

1-1/2 tbsp. olive oil
3 cups frozen Southern-style hash brown potatoes
1/2 cup sliced green onion
6 eggs, beaten
1 cup (4 oz.) shredded low-fat cheddar cheese
1/2 tsp. leaf thyme
Salt and pepper, if desired

Heat oil in large nonstick skillet over medium heat. Arrange potatoes in even layer in oil. Cook, covered, 5 minutes. Mix in green onion. Arrange in even layer again. Cook, covered, 5 minutes longer.

In bowl, mix eggs, cheese and thyme. Season with salt and pepper. Pour over potatoes. Continue to cook. As eggs set, using spatula, lift edges, letting uncooked portion run underneath.

Invert frittata onto large dinner plate, then slide cooked-side up back into skillet. Cook about 2 minutes until set.

Slide frittata onto serving plate. Cut in 8 wedges. Serve with a green salad. Makes 4 servings; 313 calories, 18 g fat, 338 mg cholesterol, 239 mg sodium, 20 g carbohydrate, 19 g protein and 2 g dietary fiber each (without added salt).

Gard

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Potatoes are 'keepers' in pantry and for eating

By Sheila Lavertue
Correspondent

The history of the potato goes back hundreds of years. It became popular in North America with the immigration of the Irish, who began growing

potatoes in large quantities. It turned into a major crop for the United States.

HEART-Y BITES On average an American eats 126 pounds of potatoes each year. The potato is America's favorite vegetable, eaten at one out of every three meals. It is a wonderful vegetable choice because it is high in vitamin C and potassium and a good source of fiber. Sadly, its benefits can be diminished when it is cut in small slivers and fried.

Not all potato varieties are created equal. Some potatoes are better suited for certain cooking methods. Russet or Idaho potatoes have a fluffy, mealy texture and are higher in starch. They are well suited for baking, mashing and frying. A recent favorite, Yukon gold potatoes are yellow in color. A buttery flavor also makes them ideal for mashing, baking and frying.

New potatoes are round and naturally either waxy or red-skinned. They have a waxy texture, are lower in starch and hold their shape after cooking, making them useful for boiling and adding to salads.

Sheila Lavertue, dietetic intern at VA Medical

Center, is a member of the nutrition committee of the American Heart Association, Greater St. Louis Division.

IRISH POTATO SOUP

4 medium potatoes, peeled, cut in small cubes
1/4 cup chopped onion
1/4 cup grated carrot
1/2 cup no-salt-added chicken broth
1 cup flour
1 tbs. margarine, melted
2 cups skim milk
1/4 tsp. salt
Pepper to taste
Fresh parsley

In 2-quart saucepan, cook potato, onion, celery and carrot in broth until tender. Stir together flour and margarine to make paste. Stirring constantly, gradually add milk, salt and pepper. Stir into vegetables. Bring to boil. Immediately reduce heat. Simmer about 5 minutes until slightly thickened.

Ladle into bowls. Garnish with fresh parsley.

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Spring Wine Tasting Sunday March 28 1-5 PM over 40 Wines Sampled	Kilbegan Irish Whiskey 11.99 750 ML	Tullamore Dew Irish Whiskey 13.99 750 ML	Bailey's Irish Cream 14.99 750 ML	Clan MacGregor Or Smirnoff 13.99 750 ML
Saint Brendans Cream 6.99 After Mail In Rebate 12.99	Paul Masson Brandy 12.99 After Mail In Rebate 1.75	Irish Mist Liqueur 8.99 375 ML	Fleischmann's Gin or Ten High 8.99 After Mail In Rebate 1.75	Wines/750 ML 30-40¢ OFF
Kamora Coffee Liqueur 8.99 750 ML	TGI Fridays 9.59 1.75	Skol Gin or Vodka 8.99 750 ML	Or Juez Tequila 5.49 750 ML	PARDOCCI CHARD 6.99
WHILE SUPPLIES LAST	CORRAL LIQUORS WINE TASTING EVERY FRI, SAT. & SUN, 1-5 3304 Nameoki Road - Granite City, IL 1-800-685-7596 451-9116 Good Thru 3/23/99	O'Donell's & Amber 3.49 6 Bottles	Miller High Lite 3.49 30 Cans	STERLING SENILON 6.99
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HOMEMADE BULK SAUSAGE \$1.00 LB.	FRYER BREAST \$1.00 LB.
5 LB. BAG 79¢	CIONKO BONELESS PORK ROAST \$3.00 LB.
CHOPPED SIRLOIN \$1.00 EACH	IN 5 LB. PKG. \$1.00 EACH
CUBE STEAK OR PORK CUTLETT \$1.00 EACH	SLICED SLAB BACON \$1.50 LB.
USDA CHOICE LONDON BROIL \$2.00 LB.	410 FREEZER SPECIAL \$6.49
STUFFED BREAST \$3.00 LB.	CAITFISH FILLET \$3.99 LB.
STUFFED CHOPS \$3.00 LB.	COD FILLET \$3.99 LB.
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410 FREEZER SPECIAL \$6.49
Average \$1.58 per Pound
5 lbs. CHICKEN CHOPS
4 lbs. SIRLOIN STEAK
5 lbs. BONELESS PORK ROAST
(Arm or Chuck)
10 lbs. PORK STEAK
(12 lb. pack)
4 lbs. BONELESS PORK ROAST
5 lbs. BULK or 3 lbs. LINK SAUSAGE
(Pork, Sausage or Italian)
2 lbs. BACON
6 lbs. FRYER (Cul Up)

Today's Food

Enjoy spring flavors with food from freezer

By Judy Eddy
Correspondent

Hopefully the ground will thaw soon for the season, but there is plenty of use for things frozen — in the freezer. This is the time to enjoy those "fresh" vegetables and fruits, courtesy of March as Frozen Foods Month.

MICRO RAVES

Running through entire meals — from appetizers through main dishes to desserts — all selections can come from the freezer. There is little or no waste with frozen food products. They are picked and processed at their optimum freshness.

To enhance this freshness frozen into the package, only buy products that are solidly frozen and free of ice crystals. Load the cart with packages just before leaving the store and head straight home to store them.

With microwave cooking, frozen foods can be table-ready in only minutes.

Even breakfast goes from freezer to table with a quick stop in a microwave oven. Frozen pancakes, biscuits and other breakfast items are minutes away from the table. Warm syrup from the microwave is the finishing "homemade" touch for pancakes and waffles.

Frozen fruits can be used in most recipes that call for fresh fruits. Brief thawing in a microwave oven

breaks apart frozen fruits so they can be blended into other ingredients.

Single-serving dinners are a far cry from those original frozen meals to eat in front of the television. From pasta to pot pie, dinner is ready in 10 minutes or less and cleanup is minimal.

While waiting for warm

weather, frozen vegetables fit the emphasis on healthy eating. Like fresh vegetables, frozen varieties should be cooked on high power to retain flavor, color and nutritional qualities.

Home economist Judy Eddy specializes in microwave cooking.

CRAB AND VEGETABLE COMBO

- 1 pkg. (16 oz.) frozen broccoli, cauliflower, mushroom and pepper (tbsp. water)
- 1 lb. surimi (imitation crab) seafood, cut in 1 inch chunks
- ¼ cup reduced-sodium soy sauce

Spread vegetables evenly in 1-quart casserole. Sprinkle with water. Cover with plastic wrap. Microwave on high 8 minutes until veggies are tender. Stir seafood into cooked vegetables. Stir in soy sauce. Microwave on high power 2 min.

LEMON BROCCOLI

- 1 pkg. (16 oz.) frozen broccoli pieces
- 2 tbsp. water
- ¼ tsp. dried minced garlic
- 2 tsp. oil
- ½ tsp. salt
- ½ tsp. pepper
- 1 lemon, thinly sliced

Place broccoli in single layer in 1-quart microwave-safe casserole. Sprinkle with water. Cover with plastic wrap. Microwave on high power 8 to 10 minutes. Combine garlic, oil, salt, pepper and lemon in 1-cup microwave-safe cup or bowl. Microwave on high power 1 minute.

Holiday-Irish flavors chicken during year

Dorothy Swanson, Affton, wins this week's recipe contest for Breast of Chicken Tullamore. Her prize is dinner certificates at the Pasta House Co.

BLUE RIBBON COOK

Her recipe came from a pen pal who lived in Dublin more than 20 years ago. It was on the menu at the Shelbourne Hotel. While it sounds like a feature for St. Patrick's Day, it has become a favorite dish of the Swansons. She serves it with baked potatoes and a favorite spinach casserole.

Spring flavors this month's contest, the Spring Splurge Recipe Contest. Its makeup is loose, emphasizing any spring-like fruit or vegetable. A single recipe should be postmarked by March 31 and sent to: Spring Splurge Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis 63131. It also can be e-mailed to westnews@primary.net.

BREAST OF CHICKEN TULLAMORE

- 4 boneless chicken breasts, split in half (or 8 frozen breast halves, thawed)
- About ½ cup flour
- Salt and pepper to taste
- 6 tbsp. clarified butter (see Note)
- 2 medium onions, chopped
- 6 fresh mushrooms, wiped clean and sliced
- 1 cup cream
- 4 tbsp. Irish Mist cream liqueur

Chopped fresh parsley, if desired

Preheat oven to 275°. Season chicken with salt and pepper. Lightly dip in flour. Fry 10 minutes in butter. Remove chicken to baking pan.

In same skillet, simmer onion and mushrooms 5 minutes. Add cream and liqueur. Cook gently until liquid is reduced by half. Pour sauce over chicken. Bake in preheated oven 10 minutes.

To serve, sprinkle parsley over chicken.

Asthma, Allergies and Achoo...

FAMILY ASTHMA PROGRAM

sponsored by

MEMORIAL HOSPITAL and American Lung Association

featuring

William Johnson, M.D.

Pediatric Allergist

Monday, March 29, 1999
7 p.m.

Memorial Hospital Auditorium

Two concurrent sessions will be conducted

Parents will learn about the basic medical factors and causes of asthma; understand the diagnosis and treatment of asthma and identify emotional problems associated with asthma.

The children's program, geared primarily toward children ages 6 to 13, will combine education with exercise.

This program also is beneficial to school nurses, teachers, coaches and day care providers.

REGISTRATION

Due to limited seating, advance registration is required. To register, call Memorial's Community Relations Department at (618) 257-5649.



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AT NATURAL BRIDGE

Menopause: Myths and Truths

Today's woman is in control of her life, her health and her body.

Menopause doesn't have to change that.

More than mood swings and hot flashes, menopause also can involve complications such as heart disease and osteoporosis. Designed for pre-menopausal and menopausal women, this program will focus on:

- Conditions and symptoms of menopause --- the myths and truths

Richelle Rennegarbe, RN

- Coping with Menopause
- Hormone Replacement Therapy and Osteoporosis

Stephanie Skelly, M.D.

Midwest Obstetrics and Gynecology

- Keeping a Hot Flash Diary and self-care practices

Date, Time, Place:

Monday, March 22, 1999

7 to 9 p.m.

Memorial's Auditorium

To register:

This program is free. However, due to limited seating, reservations are requested. To register, call Memorial's Community Relations Department at 257-5649. Participants will receive a certificate for a complimentary osteoporosis screening.

This program is provided as a community service by Memorial Group, Inc. and Memorial Foundation, Inc., on behalf of Memorial Hospital.



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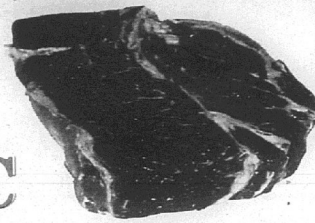
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Real Values Dairy & Frozen		Real Values Grocery	
12 inch Assorted Varieties Red Baron Pizza 2/\$7	Dozen Grade A Large Best Choice Eggs .70¢	16 oz. Bunny Soft Twist Round Top Bread .99¢	32 oz. Always Save Sandwich Spread 1.29
9 to 10 oz. Assorted Varieties Green Giant Vegetables in Sauce 4/\$5	1 lb. Quarters Fleischmann's Margarine .99¢	4.5 oz. Assorted Varieties Lipton Side Dishes .88¢	29 oz. Best Choice Fruit Cocktail 1.37
12 to 15 oz. Assorted Varieties Lenders Bagels .99¢	64 oz. Assorted Varieties Dole Chilled Juice 2/\$4	16 oz. Bush's Chili Hot Beans 3/\$1	32 oz. Always Save Potato Flakes 2.29
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16.4 to 20 oz. Assorted Varieties Hungry Jack Pancakes or Waffles 3/\$5	16 oz. Best Choice Jumbo Cinnamon Rolls 2/\$3	15 oz. can Sliced or Whole Best Choice Potatoes 2/\$1	10 oz. Best Choice Mustard .59¢
1/2 gallon Assorted Varieties Family Pak Ice Cream 1.89	24 oz. Assorted Varieties Pevely Cottage Cheese 1.59	2 lb. Great Northern or Pinto Best Choice Beans .99¢	33 oz. Assorted Varieties Delicious Cream Cookies 2/\$4
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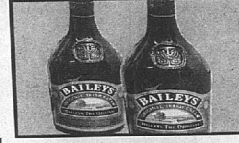
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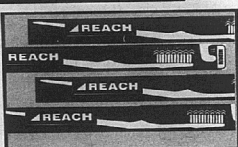
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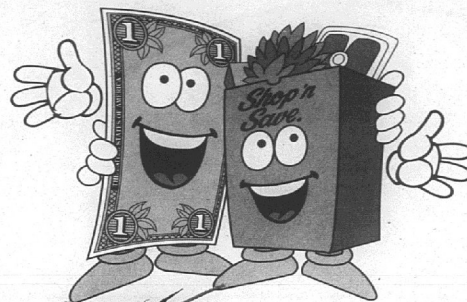
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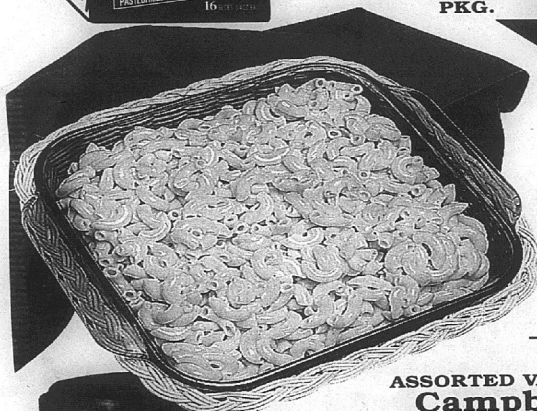


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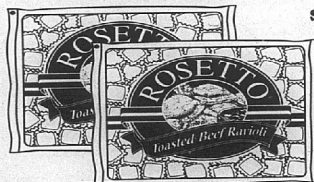
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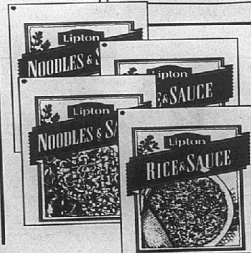
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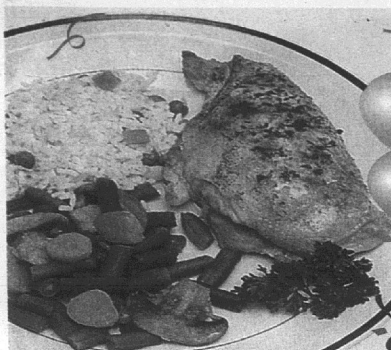
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**Lipton
Rice & Sauce or
Noodles & Sauce**

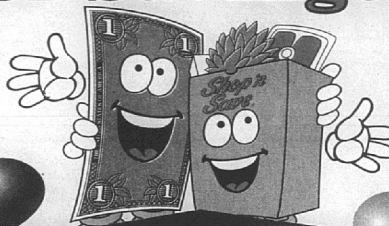
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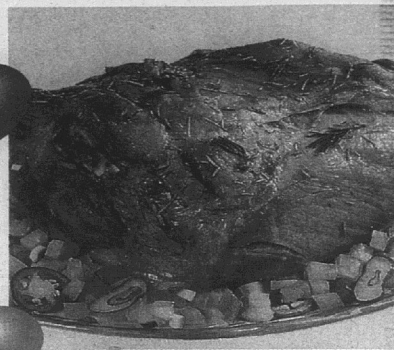


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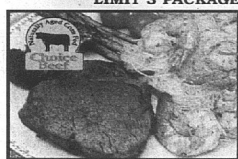
1979 ♦ 1999



FRESH PICNIC STYLE
Pork Shoulder
Roast

97¢ It's Our Birthday!
Thanks For Shopping
and Saving With Us!

59¢



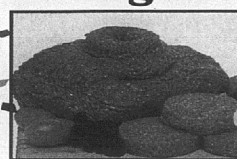
USDA CHOICE CORN FED BEEF
FAMILY PACK
Boneless Eye of
Round Steak

279
lb.



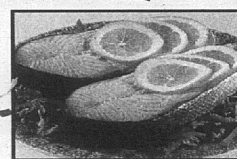
FAMILY PACK
Center Cut
Pork Steaks

129
lb.



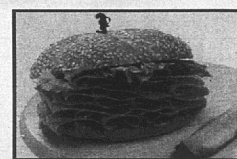
FAMILY PACK
Ground
Round

159
lb.



SEAFOOD DEPARTMENT
FRESH ATLANTIC
Salmon Steaks
or Fillets

499
lb.



DELI DEPARTMENT
SLICED OR SHAVED
Swift
Hard Salami

299
lb.

SLICED
Tenderbest
Bacon..... **149**
1/2 lb. PKG.

ASSORTED VARIETIES
On Cor Family
Entrees..... **3/\$5**
PKG.

Bob Evans
Pork Sausage..... **199**
1/2 lb. PKG.

CHICKEN, BEEF OR PORK
Lloyds Tub
Barbecue..... **499**
1/2 lb. PKG.

ASSORTED VARIETIES
Chef's Choice
Entrees..... **499**
1/2 lb. PKG.

JUMBO
Farmland
Deli Franks..... **99¢**
1/2 lb. PKG.

WHOLE
Field Boneless
Kentuckian Ham **199**
lb.

PEPPERONI, SAUSAGE OR DELUXE
Mama Rosa **2/399**
22 oz. PKG.

FAMILY PACK
Pork
Cutlets..... **199**
lb.

ASSORTED VARIETIES
Oscar Mayer
Lunchables..... **139**
1/2 lb. PKG.

ASSORTED VARIETIES
Farmland
Lunchmeats..... **99¢**
1/2 lb. PKG.

HUDSON ALL NATURAL
Boneless Skinless
Chicken Thighs..... **189**
lb.

SEAFOOD DEPARTMENT
ALASKAN
Fillets..... **199**
lb.

SEAFOOD DEPARTMENT
FLASH FROZEN
Grouper
Fillets..... **399**
lb.

SEAFOOD DEPARTMENT
B1-50 COUNT
Shell-on
Shrimp..... **499**
lb.

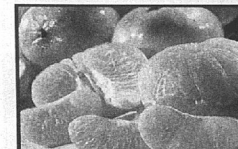
BAKERY DEPARTMENT
RECEIVED OR PLAIN
Twin French
Bread..... **99¢**
PKG.

DELI DEPARTMENT
ITALIAN BEEF, PASTRAMI OR
Manda
Roast Beef..... **399**
lb.

DELI DEPARTMENT
PATRICK CUDART BUREY HAM 3.99 LB.
GARLIC, SNACK OR REGULAR
Mayrose **299**
lb.

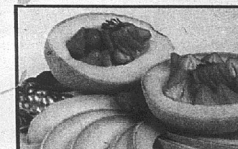
BAKERY DEPARTMENT
Fresh Baked
Rye Bread..... **99¢**
1/2 lb. PKG.

BAKERY DEPARTMENT
Strudel **149**
1/2 lb. PKG.



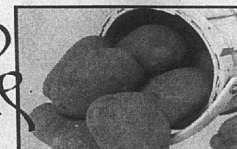
113-CT. SIZE
California
Navel Oranges

6/98



15-CT. SIZE
Sweet Ripe
Cantaloupes

88¢
EACH



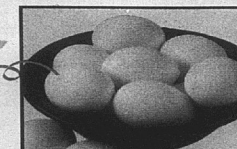
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Potatoes

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20-LB. BAG



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12-OZ. CANS



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lb.

49-CT. SIZE
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Grapefruit..... **5/98**
PKG.

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Michellina's
Entrees..... **99¢**
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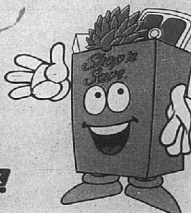
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Classifieds

Help Wanted, Page 4D
Real Estate, Page 7D

Automotive

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Saturn Coupe scores big with third door

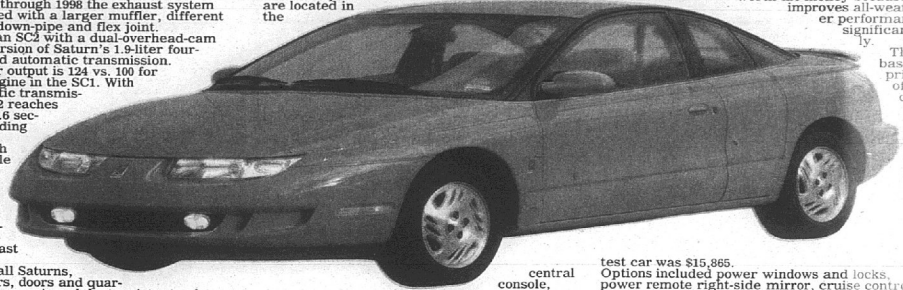
By Tom Strongman

It was inevitable some manufacturer would capitalize on the functionality of three-door pickups and add a driver-side access door to a sports coupe. Saturn was the first to put it into production, even though Mercury and Pontiac both have shown concept cars with such a feature. After experiencing it in action, outfitting a coupe with a small side door seems so logical it's hard not to wonder why it took so long. Aside from making it easier for passengers to get into the back seat, the extra door also facilitates loading groceries, a briefcase or even the family pet. The narrow third door is hinged at the rear and can be opened only after the driver's door is open. It is so well-integrated into the overall design it takes a close look even to see it. The side access door is standard on both SC1 and SC2 coupes built after November. Prices start at \$12,445 for the SC1 and \$15,065 for the SC2. Another benefit of this access door is the ease with which a wheelchair could be slipped in back. Saturn's Mobility Program will reimburse owners up to \$1,000 for the cost and installation of mobility equipment. Educational materials on adaptive aids are available from Saturn. Another notable change to Saturns for 1999 is

a quieter engine. Powertrain engineers reduced the noise, vibration and harshness of the aluminum-block, 1.9-liter, four-cylinder engines by using a crankshaft with eight counterweights vs. four in the previous version; lightweight aluminum pistons; a new timing chain; revised front engine cover; a composite camshaft cover; and revised valve train. Midway through 1998 the exhaust system was modified with a larger muffler, different resonator, down-pipe and flex joint. I drove an SC2 with a dual-overhead-cam (DOHC) version of Saturn's 1.9-liter four-cylinder and automatic transmission. Horsepower output is 124 vs. 100 for the base engine in the SC1. With the automatic transmission the SC2 reaches 60 mph in 9.6 seconds, according to factory specs, which is reasonable for a car in this class. Fuel economy is rated at 24 city and 34 highway, up 1 mpg from last year. As with all Saturns, front fenders, doors and quarter panels are rust- and dent-resistant polymer plastic panels mounted to a steel space frame. The hood and roof are metal. On the SC2, the front and rear fascia are painted to match the body. Our test car had the optional 15-inch alloy wheels. Inside, the driver is faced with a large

instrument cluster that is both attractive and easy to read. Less effective is the small pod in the center of the dash that houses the radio and heating/cooling levers. Not only does it have a hard plastic finish, but the heater controls are sliding switches that are less intuitive than round knobs. Two cup holders are located in the center console, along with switches for power windows and the power right-hand outside mirror. The left-side mirror is manual. A removable ashtray takes the place of one cup holder. Front seats have pronounced side wings for good upper body support. Lumbar support is

adjustable on the SC2. Saturn coupes feel lively and handle easily. While they are not sports cars, they do retain an entertaining character that feels as much at home on a twisting road as a city street or freeway. Traction control and anti-lock brakes are part of a \$955 option package that is well worth the money because it improves all-weather performance significantly. The base price of our test car was \$15,965. Options included power windows and locks, power remote right-side mirror, cruise control, alloy wheels, floor mats, upgraded AM/FM stereo, anti-lock brakes and traction control. The sticker price was \$18,770. The warranty is for three years or 36,000 miles.



Tracking device leads police to "chop shop"

By Rick Stoff

If you see numerous vehicles entering a building that isn't an auto repair shop and those vehicles then leave in pieces at all hours of the day and night, you may have yourself a thieves' "chop-shop."

Points & Plugs

LoJack Corp. manufactures an automotive tracking device that helps police recover stolen vehicles. The company says its radio tracker recently led police to the product's 100th chop-shop bust. After a Jeep Wrangler was stolen, its hidden LoJack unit led Los Angeles

police to a building in which two men were found removing the vehicle's top. One of the men said he was a minor and gave an address police then visited. There, police found parts to more than 100 cars and trucks. LoJack says its tracker has assisted in the recovery of more than 29,000 stolen vehicles. It says people can assist police in stopping chop-shop operations in which stolen vehicles are dismantled so their parts can be resold — by watching for signs such as vehicle parts being sold at strange hours out of buildings not normally known for retail sales. More than 40 million used cars and trucks were sold in the U.S. last year, and the used car may be the first car of choice for more and more drivers. ADT Automotive Inc. said 40.2 mil-

lion used cars changed hands last year. Nearly 16 million were sold by dealerships that also sold new cars. Independent used-car lots sold 13.7 million, and individual consumers sold 10.7 million. Another market research firm, Dohring Co., says more consumers will consider buying a used car this year. A company survey found that 41 percent of consumers think their next car will be used, up from 32 percent in 1996 and 27 percent in 1997. The reason: 85 percent of those who will consider buying a used car or truck said they will do so because of the prices of new vehicles. And 40 percent of shoppers said they would rather buy a fancy used vehicle for \$20,000 than spend the same amount on a brand-new set of wheels. In an effort to help reduce auto air

pollution emissions, Amoco has announced it will spend \$100 million on its U.S. refineries so they can decrease the sulfur content of the gasoline produced in them. The sulfur content of current gasoline eventually ruins the ability of the catalytic converter, part of the vehicle exhaust system, to remove pollutants. Gasoline now carries about 350 parts per million of sulfur. Amoco's plan is to reduce that to 30 parts per million. The future sulfur content of gasoline is a contentious issue between car manufacturers and petroleum refiners. Lower sulfur levels will make it easier for the manufacturers to produce cleaner cars, but will cost refiners more money.










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2365 MADISON COUNTY & VICINITY

EXECUTIVE HOME. LARGE 2 1/2 story, total brick. 2 1/2 bath, open stairs. 2 car garage. Call 876-3800.

2410 CONDOMINIUMS FOR SALE

For Sale by Owner. Lower 2 BR. Completely remodeled. Tunes at Woodland Park, Col. New carpet, drapes & lin. Call 876-3800.

2430 LOTS/ACREAGE FOR SALE. 4.10S For Sale. Zoned for 1/2 3 family residences. Call 876-3800.

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2440 MOBILE/PRD HOMES FOR SALE

GMC REAL ESTATE/PRD HOMES. GREAT LOCATION. In Horton area park with wooded setting. 3 1/2 bedrooms, 2 1/2 bath. Call 876-3800.

2455 REAL ESTATE WANTED

WE BUY HOMES. Investors With Cash Ready To Buy As Is. Fast Sale. Call John Schaefer 876-3800.

2465 REAL ESTATE INFO

7 ACRES in W. CHAIN of Rockwood and 98th. Home. 2 1/2 bedrooms, 2 1/2 bath. Call 876-3800.

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